













# SEXUAL SCIENCE

## A Guide Book

FOR

THE MARRIED AND THE SINGLE

OR

SECRETS OF HEALTH & HAPPINESS.

“Know Thyself.”

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SECOND EDITION—REVISED & ENLARGED.

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## PREFACE TO THE FIRST EDITION.

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In the following pages I have endeavoured to supply to the general reader information on a subject of the most vital importance, and one on which the majority are sadly wanting. It is a healthy sign of the times that men and women are endeavouring to acquire a knowledge of the laws that govern their body, and to regulate their lives in accordance with those laws. Experience has taught them that unless this is done, disease and suffering are the inevitable results. A leading medical journal, commenting on the ignorance existing on this important subject, says: "We refer to the complete ignorance regarding the sexual functions, which is permitted and sedulously fostered by the ordinary education which girls and boys receive in this country. Not only does our school system provide no information on these topics, which so vitally concern the happiness of every individual, but the slightest allusion to the subject is apt to be rigorously prohibited..... We have the authority of Sir James Paget for this statement that some grow up and even marry in complete sexual ignorance, and while this is rare in the male sex, it is extremely common among cultivated and refined women... That our educational methods and social practice should permit men and more frequently women, to marry without knowing what marriage involves, is not merely unnatural but may be the cause of much matrimonial unhappiness." "Sexual knowledge," says a well-known writer, "is sexual salvation. Want of knowledge causes most of those errors, and therefore ailments. Reader, were not your *own* sexual errors, and consequent diseases caused mainly by ignorance of these matters? Would you have thus incurred existing ills if you had only *known* beforehand what would certainly induce and what avoid them? No words can portray what all of all ages are now suffering in consequence of this very want of sexual information." Such information I have endeavoured to supply in the present work. I trust my efforts may prove beneficial to the readers of these pages.

June, 1892.

## PREFACE TO THE SECOND EDITION.

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In issuing a second edition of this work the author has the satisfaction of knowing that his book has supplied a want that had long been felt. He has received numerous letters from readers thanking him for the important knowledge they had obtained from its pages, knowledge not to be obtained in any other single volume at the same price.

In this edition much new matter has been added which it is hoped will enhance the value of the work.

January, 1894.

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# ERRATUM.

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Page. 80. line 1, for " I have it is " *read* " it is. "

# SEXUAL SCIENCE.

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## CHAPTER ONE.

### Physical Morality.

**T**HERE is no more lamentable spectacle than the one that constantly meets us in every-day life, viz, the ignorant or wilful recklessness exhibited by most people in connection with the laws of the body. They are often very particular in all other matters, but in this one, the most important of all, they are utterly careless. They appear to think that however much they infringe the laws of the body no harm whatever will result. Indeed, there is a foolish notion prevalent that these infringements tend to make the person hardier than he was before. There is no more mistaken notion than this. Nature never forgives. Show yourself regardless of her laws, and the evil consequences must of necessity follow. Do not act in accordance with those laws and the penalty will fall on you as certainly as night follows day.

With this knowledge, it is the duty of every man to lead a physically moral life. By physical morality is meant, living in accordance with those laws by the observance of which physical vigor is attained. This is a duty which every man owes not to himself alone, but to society at large. And no man who neglects the performance of this duty can be called

a strictly moral man. Every man, therefore, should endeavor to lead not only a virtuous moral life, but also a virtuous physical one. For the two are inseparably united.

The question that now presents itself is. How is it possible to lead a physically moral life? To lead such a life you must study the laws of the body; and having studied them, so regulate your life that your actions shall not collide with them, but work in perfect unison.

It should be the earnest desire of every individual to attain a handsome and vigorous *physique*. A proportionate and vigorous frame is nature's mark of perfect manhood or womanhood. A weak and deformed one is proof positive that her laws have been abused.

I have said that in order to live a physically moral life it is necessary that the laws of the body be known and observed, else dire misery is sure to result. There are certain organs of the body whose functions are more liable to be abused than any other viz., the genital organs. This, to a great extent, is owing to the sad lack of knowledge on these important matters. There has, hitherto, unfortunately existed a false modesty that has shrouded the sexual organs in an impenetrable veil of mystery. Man has unfortunately been taught to view these organs as something low and degrading, instead of looking on them with the same respect and reverence that is due to any other of nature's wonderful works. This has led to a deal of injury that might have

been avoided if people had been taught the knowledge requisite for their guidance in these matters. There can be little doubt that our educational system is woefully defective in this direction. Young men and young women enter into the state of matrimony without the most elementary knowledge of their duties. The result is a downright abuse of the organs which nature has given to serve her highest end, namely, the continuance of the race. The misery which necessarily ensues from a disregard of the normal functions of these organs is almost incalculable. Sexual economy is seldom practised, and the most dire results imaginable invariably follow. Men and women learn when too late that they have abused powers which nature has given them for a nobler purpose. But their regrets are too frequently vain.

"It has been my painful duty to investigate the history and prescribe for thousands of 'ruined young men'" says Dr. Trall, "and not a few equally ruined young women, whose errors and infirmities would, in all human probability, never have occurred, had their parents or some intelligent friend in early life instructed them in what every child should know as soon as it is able to understand—the uses of the sexual organs."

Another writer says: "In consequence of children not being properly instructed by parents with regard to the evils of self-pollution, they nearly ruin themselves before they know any better;.....grown-up boys, or those calling themselves men—married

men—destroy the tone of their reproductive organs by sexual excesses and other pernicious practices.

Physical morality teaches that the sexual organs, like all others, should be rationally used to perform those functions which nature has intended them for and that all abuse of such functions is immoral because not in conformity with the laws of nature.

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## CHAPTER TWO.

### The Organs of Generation.

**I**n a work of this kind it is not necessary to give any detailed account of the anatomy of the generative organs, but as it is essential to know something of these, we will here give only a brief outline.

**Male Organs of Generation.**—The *penis*, the organ of copulation, is made up of erectile tissue inclosed in cylindrical fibrous compartments. Two of these, the *corpora cavernosa*, are on the upper surface, side by side; the third, the *corpus spongiosum*, is underneath and encloses the urethra.

The *urethra*, or urinary canal, extends from the neck of the bladder to the external orifice, in the gland penis.

The *glans penis* is its head, or nut.

This is enclosed by a piece of skin, which is called the *prepuce* or foreskin, which, preserving the glans from constant friction with the clothes, helps to maintain its sensitiveness.

The *testes*, or testicles, two in number, are situated in a bag called the *scrotum*, being suspended by the *spermatic cord*. They are composed of thin and delicate tubes, which are arranged in numerous lobules, between four and five hundred in number. These lobules though to all appearances separate, really consist of one long tube of about a thousand feet in length. It is here that the parent cells of the seminal fluid are produced. Connected with these tubes is the excretory duct of the testicle called the *vas deferens*, through which the semen passes on into the penis.

The *semen* is a thick whitish fluid. It is composed of the *liquor seminis* the fluid portion, and solid particles called seminal granules and spermatozoa.

The *spermatozoa* are minute, elongated particles. They constitute the active element of the semen, and are the essential agents of impregnation.

The *seminal vesicles* are two pouches which serve as reservoirs for storing up the semen.

The *ejaculatory ducts* are situated one on each side and are formed by the union of the *vas deferens* with the *vesicula seminalis*.

The *vas deferens* is the continuation of the *epidymis*, and is the excretory duct of the testis.

**Female Organs of Generation.**—The *vulva* is the opening of the female organs.

On the two sides of the *vulva* are the *labia* or lips.

The *clitoris*, the analogue of the male penis, is a small erectile organ situated in the anterior part of the *vulva*.

The *vagina* is the passage which leads from the vulva up to the mouth of the womb. It is about four inches in length.

The *hymen* is a membrane which stretches across the lower portion of the mouth of the vagina of a virgin. It was once believed to be a proof of chastity, but this belief has been abandoned, as the hymen is often destroyed by disease, and is sometimes found missing. Its presence, too, is no certain proof of virginity.

The *uterus* or womb is situated at the upper end of the vagina. In its original state it is shaped like a pear, and measures about two and a half to three inches in length, and about two inches in width at the upper end. The upper part is called the *body*, and the lower the *cervix* or neck. In the centre of the neck is a small opening called the *os uteri* or mouth of the womb.

The *ovaries* are analogous to the male testicles, and are two small bodies, about an inch and a half in length, and three-fourths of an inch in breadth, on the two sides of the womb. They are fixed there by the *uterine* ligaments.

The *fallopian tubes*, or oviducts, run in the direction of the ovaries from the cavity of the uterus. They convey the ova or eggs from the ovaries to this cavity. During sexual excitement the bell-shaped mouths of the fallopian tubes embrace the ovaries.

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## CHAPTER THREE.

### Youth and Puberty.—The Best Ages for Marrying.

“THE period of youth,” says Dr. Carpenter in his *Physiology*, “is distinguished by that advance in the evolution of the generative apparatus in both sexes, and by that acquirement of its power of functional activity, which constitutes the state of Puberty. At this epoch a considerable change takes place in the bodily constitution: the sexual organs undergo a much increased development.” “From the moment,” says Lallemand, as quoted by Dr. Acton, in his work on the *Reproductive Organs*, “that the evolution of the generative organs commences (the testicles act), if the texture is not accidentally destroyed, they will continue to secrete up to a very advanced age. It is true that secretion may be diminished by the absence of all excitement, direct or indirect, by the momentary feebleness of the economy, or by the action of especial medicines, but it never entirely ceases from puberty up to old age.” Thus it will be seen that the power of procreation is possible to a very old age. In women this power ceases between the 45th and the 50th year, on the cessation of ovulation or laying of eggs. But in man it lasts much longer, and the longer it lasts, the more certain the proof of a healthy and well spent youth.

When a boy or girl attains the age of puberty, a very perceptible change takes place. “The age of puberty reached,” says Dr. Foote, “mark the change!



The two sexes seem now to develop in entirely opposite directions. The voice of the boy grows rough and deep; his bony framework develops rapidly; his shoulders grow broader; the soft down of his childish face is fast turning to a heavy beard. Soon we shall see in him the sturdy, withy, and mossy characteristics typified by the oak. But with the girl all development of bone or anything dependent upon earthy properties nearly or quite ceases when puberty is reached. True, a little prior to and for a while after, she widens at the hips. Why? Because on each side of the womb there rises upward and sideward a tubular arm, called the *Fallopian tube*, with fimbriae which might be likened to the ends of the fingers, and these grasp those important organs called the ovaries. .... Well, these arms and these ovaries must have room; so, as the girl approaches the age of puberty, when the tubes and the ovaries begin their labors, they demand elbow-room, and as the hard skull expands to the development of the brain, so the bony structure of what is called the pelvis widens, and it is consequently the generative organs of the woman that give her the peculiar breadth from hip to hip."

Concurrent with this development of the sexual organs is manifest the awakening of the sexual passion; but the attainment of puberty does not signify the immediate exercise of the sexual organs. Says Dr. Carpenter:—"This development of the generative organs at puberty is attended with manifestations of the sexual passion, but it can only be rightly regarded as preparatory to the exercise of these organs, and not

as showing that the aptitude for their exercise has already been fully attained. It is only when the growth and development of the individual are completed that the procreative power can be properly exerted for the continuance of the race; and all experience shows that by prematurely and unrestrainedly yielding to the sexual instincts, not merely the generative power is early exhausted, but the vital powers of the organism generally are reduced and permanently enfeebled so that any latent predisposition to disease is extremely liable to manifest itself, or the bodily vigour, if for a time retained with little deterioration, early undergoes, a marked diminution." The seminal fluid when not emitted is re-absorbed into the system which it strengthens and builds up. The effects of this re-absorption is well described by Haller when he says that "the greater part of the semen—that which is the most valuable and the strongest smelling, that which has most force—is pumped back again into the blood, and there produces, as soon as it reaches the circulation changes the most marvellous—the beard, the hair, the horn; it alters the voice and the manners; for age does not produce these changes in animals, it is the seminal fluid alone which can effect this, as we never remark these changes in eunuchs." Dr. Foote says on this point: "They [the seminal secretions] are re-absorbed or taken back into the circulation, the vital constituents going to vital centres to strengthen them and the earthy properties to the bones, hair, nails, etc., to build up the masculine qualities of the man." How injurious and direful in its results, therefore, is

the baleful practice that exists in India of allowing sexual intercourse between the young husband and child-wife who have just attained their puberty. The sad spectacles of emaciated men and women that constantly meet our gaze speak too plainly of this evil. I am no advocate of late marriage *i. e.* marriage in advanced life; I most certainly advocate early marriage, the reasons for which will be found in the work on the *Law of Population*, but by early marriage I most assuredly do not mean marriage on the immediate attainment of puberty, but when puberty attains full vigor. Montesquieu correctly says that marriages immediately after puberty result in a diseased, puny and miserable population.

**The Best Time for Marrying.**—The question naturally arises here: which is the best time for marrying?

It will not be out of place to give in this connection a few instances of the legal ages for marrying in some of the European nations: Austria and Hungary, Catholics, males 14, females 12; Protestants, males 18, females 16. Italy, males 18, females 15. Prussia, males 18, females 14. Russia, males 18, females 16. Greece, males 14, females 12. France and Belgium, males 18, females 15. Spain, males 14, females 12. Portugal, males 14, females 12. Switzerland, males 14, females 12; in some parts of Switzerland, males 20, females 17. It will be seen from this that the woman's age as a rule is about 2 years less than that of the man's. These ages, more or less, represent the attainment of puberty, but as I have already stated, the mere dawning of puberty is not sufficient to per-

mit marriage; puberty must be fully developed. Sexuality lies dormant in the child till it is aroused by puberty, which develops it till about the age of twenty-one when the body itself becomes developed. Although a young woman can conceive as soon as she has attained her puberty, yet in order to bear strong and healthy children, her just then developing frame should be allowed some years to acquire the vigor necessary for maternity.

"The time required for the full growth of the body," says Dr. Cowan, "owing to climate, temperament, and other influences, differs in almost all individuals—the difference not amounting to any great degree, yet sufficient to fix an age for marrying that would be equally applicable to all."

The best age for a man to marry is about twenty-four, and for a woman twenty-one. In some cases, however, it is advisable for persons to marry two or three years earlier. If they know the reverence due to the laws of life, and do not abuse the sexual function, much good arises from their marriage.

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## CHAPTER FOUR.

### Sexual Generation.

**S**EXUAL generation signifies the reproduction of a new being by the union of certain elements that exist in the male and female organs of generation.

For the reproduction of its kind the female parent contributes the egg, or germ-cell, and the male parent the spermatozoa, or sperm-cell. "The generative act is essentially the same in the very humblest plant as in man. It consists in the reunion of the contents of two cells. A cell is a very minute body, invisible to the naked eye, with a thin transparent wall, containing various substances. It generally contains a *nucleus*, a small dot formed by a collection of granules, and in this the chief powers of the cell generally seem to be centred. It seems to be the point of attraction to the matters which the cell absorbs, and to be prominently engaged in the production of new cells and other vital operations. Cells propagate in several ways, sometimes by subdividing into two, each of which again subdivides into two more, and so on till a large mass is produced just like fission in the lowest plants and animals, sometimes by giving birth to new cells in their interior, which are liberated by the bursting of the parent, etc. The cell feeds by absorbing nourishment through its walls; and it is from the transformation of cells that almost all the living tissues—the muscles, nerves, blood-vessels, etc., are built up."

The semen under the microscope discloses the existence of numberless little bodies called spermatozoids. "These little bodies are the active agents in impregnation, the immediate fathers of us all; they find their way to the neighbourhood of the egg, and conjugate with it, thus producing a fertile germ. They are discharged from their parent cells by the bursting of the latter, and are then conveyed by the duct leading from

the testicle into the urethral canal, whence they are poured into the female organs, in the act of copulation, They retain their fertilising power for but a short time after their discharge in warm blooded animals, namely birds and mammals." The germ-cell, or ovum or egg is prepared in the ovaries.

**Menstruation.**—Menstruation is the periodical discharge of ova or eggs from the ovaries. Menstruation is generally accompanied by a discharge of blood, but it sometimes takes place without the appearance of a single drop. The quantity of the menstrual fluid (blood and mucus) is generally between six and eight ounces, but, according to Dr. Trall, two or three ounces should be the normal quantity. "Other circumstances being equal," says this writer, "the less the hemorrhage the better. Women who live a more simple life and are less enervated by the luxuries and stimulants of artificial society, even though they be exposed to excessive toil, and many hardships and privations, have comparatively few of the sexual disorders common to women all over the civilized world, and they lose comparatively but little blood during menstruation."

It is during this menstrual discharge that the sexual desire in woman is strongest, and she is more liable to conceive immediately before and after it, than at any other time.

**Impregnation.**—Impregnation takes place immediately the sperm-cell unites with the germ-cell or ovum. This is the only essential condition. It was once generally believed that a certain amount of pleasurable sensation was requisite during the sex-

ual act for impregnation to take place. This was an error. "It is now known," says Dr. Trall, "that women who never enjoy pleasure, but, on the contrary, always suffer pain, or experience disgust, because of bodily disease or personal 'irresponsibility' in the sexual embrace, are quite as prolific as others. Impregnation and conception may occur when the female is insensible from bodily shocks, or stupefied with narcotic drugs, or intoxicated with alcohol, or asphyxiated with chloroform, or violated by forcible means, etc. Indeed impregnation has occurred, when the seminal fluid, expelled without coitus, has been passed into the vagina by artificial means. It is true that the sexual orgasm on the part of the female is just as normal as on the part of the male. Nor can the maternal parent ever impart or transmit the elements of her whole bodily and mental nature, so fully and so completely as when the orgasm is experienced in its fullest intensity. This is a subject of vast importance, not only to the happiness of married persons, but to the welfare of the human race."

**Conception.**—When the spermatozoa enters the mouth of the womb it ascends towards the fallopian tubes, where it unites with the ovum as it is descending. On the union of the spermatozoid with the egg, conception takes place and the future child is produced. The mouth of the womb then closes so firmly that the point of a dagger cannot be easily inserted. As the foetus gradually develops the womb enlarges. To nourish this foetus a large supply of

blood goes to the womb, and the menstrual discharges stop. The infant is protected by a supply of liquid within which it floats. After a period of nine calendar months the child is born. This is the usual period. "But," says Trall, "there is much discrepancy of opinion with regard to the limit of the deviations from this period. This difference is owing, to some extent, no doubt, to the difficulty of fixing the exact time of conception. It is certainly impossible to determine how much beyond the ordinary or normal period gestation may extend in a given case. But it is safe to say that it seldom varies many days from thirty-nine to forty weeks. According to the French code, the legitimacy of a child born three hundred days after the dissolution of marriage, may be contested; but many authors think this period too limited. In the celebrated Gardner Peerage cause, referred to in most of the works on medical jurisprudence, the London physicians disagreed very greatly, as physicians usually do in medico-legal cases, while five of them maintained that the period of gestation in woman was limited to two hundred and eighty days, twelve of them were of opinion that it might be protracted to three hundred and eleven days. The University of Heidelberg allowed the legitimacy of a child born thirteen months after the date of the last intercourse; and the Supreme Court of Friesland decided in favour of the legitimacy of a child born three hundred and three days after the husband's death. These may be examples of judicial philanthropy, but here, as everywhere where there is a



doubt, the accused party is entitled to the benefit of it.

"In Pennsylvania two cases of gestation—one protracted to three hundred and thirteen and the other to three hundred and seventeen days have been admitted as legitimate. This decision, however, though it determined the legal action in their cases, does not settle the scientific problem."

Previous to the birth of the child the mother suffers from what is known as labor pains. Although these pains are as a rule very great owing to our artificial civilization, parturition should in the ordinary state be unaccompanied by pain. Among barbarous and semi-barbarous peoples women give birth to children with hardly any pain, and it is not an uncommon thing in India to see poor native women suddenly take ill on the streets and give birth to children without any serious labor pains. Even among Europeans women have been known to have children without showing any signs of pain. These women, of course, led a more rational life than the ordinary run of their sisters.

**Hermaphroditism.**—For sometime the genital organs of the embryo are alike in appearance. They then gradually assume the difference of the male and female sexes. It sometimes happens that when the changes are taking place, development is arrested, and the organs in consequence assume the appearance of both sexes. This is called spurious hermaphroditism. It is doubted whether there ever was a case of *true* hermaphroditism, namely, where the essential

generative organs, the testicles and ovaries, were fully developed in the same individual, and both sperm and germ cells produced, as is the case in hermaphrodite animals as the oyster or snail, or in monoecious plants.

"But a theory has lately been proposed, and received by many of the profoundest anatomists, that in truth all living beings, including man, are hermaphrodite. This deeply interesting view is supported by many facts in the fundamental unity of type....In the lowest plants there seems to be no distinction of sex between the conjugating cells. Both of them seem to have the same reproductive properties, and to combine in themselves the sperm and germ power. On ascending the scale we find very many plants and animals possessing both sets of sexual organs, some of them self-fertilising and others not. In the snail, both sets of organs are fully developed, but a double sexual congress is necessary to impregnate the egg. Now in the higher animals, including man, there is great evidence to show that each individual is really hermaphrodite, and possesses both sets of organs, and the only difference in this respect between them and the snail is, that one set of organs remains rudimentary and undeveloped in each sex." ("Elements of Social Science").

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## CHAPTER FIVE.

### Sexual Vice.

**M**ANY and great are the dangers to which childhood and youth are subjected, but there is no danger so great as the one which we are now to consider. I refer to that most terrible of all vices, the vice that holds in its poisonous and deadly fangs the youth of every clime; that fills our graveyards with too early graves; and breaks many a parent's heart,—the fearful vice of masturbation or self-pollution. To use the eloquent words of Professor Fowler: "It is man's sin of sins, and vice of vices; and has caused incomparably more sexual dilapidation, paralysis, and disease, as well as demoralization, than all the other sexual depravities combined. Neither Christendom nor heathendom suffers any evil at all to compare with this; because of its universality, and its terribly fatal ravages on body and mind; and because it attacks the young idols of our hearts, and hopes of our future years. Pile all other evils together—drunkenness upon all cheateries, swindlings, robberies, and murders and tobacco upon both, for it is the greater scourge; and all sickness, diseases and pestilences upon all; and war as the cap sheaf of them all—and all combined cause not a tithe as much human deterioration and misery as does this secret sin."

O, that I could find words strong enough to depict by their clear ring, to the astonished gaze of the poor youth who through bad example, and ignorant

of the direful consequences, has become addicted to this all-shattering vice, the dreadful effects of his youthful folly! O! that I could paint the horrifying picture in its true colors and save him from miseries he does not dream of! Already the cry has gone forth in this land that this sexual vice is rapidly spreading among young men. Let the youth listen to these words:—

“If you were walking thoughtlessly along a pathway, across which was a deep, miry, miasmatic slough, so covered that you would not notice it till you had fallen in and defiled yourself all over with the filthiest, most nauseating slime possible, so that you could never cleanse yourself from this stench, and so that all who ever saw you would know what you had done; besides its being so poisonous as to destroy forever a large part of all your future life-enjoyment and capacities, and far more corrupting to your morals than blighting to health and happiness; would you not heartily thank any friend to kindly tell you plainly of your danger!

“Such a danger, O splendid boy, O charming girl awaits you: only that it is a thousand-fold worse than any description. It not only poisons your body, destroys your rosy cheeks, breaks down your nerves, impairs your digestion, and paralyzes your whole system; but it also corrupts your morals, creates thoughts and feelings the vilest and worst possible . . . . No words can describe the miseries it inflicts throughout your whole life, down

to death . . . . . You can never fully rid yourself of the terrible evils it inflicts. You may almost as well die outright as thus pollute yourselves." Such are the consequences of this most terrible vice of masturbation.

**Manifestations of Self-abuse.**—"The effects of self-abuse," says Dr. Miller, "as manifested upon its subjects, seem to arrange themselves into four classes, each partaking, in a measure, of the symptoms of others. In the first class the genital organs are most affected; in the second the digestive apparatus; in the third, the spinal cord; in the fourth, the brain.

#### GENITAL FORM.

"In this form, some or all of the following symptoms will be exhibited: An uneasy, disagreeable sensation in the genital organs; pain in the testicles spermatic cord elongated, allowing the testicles to hang much lower than natural; the scrotum is weak and flabby, and its veins enlarged; shrinking and withering of the penis and scrotum, and perhaps extreme sensitiveness to touch; erections and discharges produce little or no pleasure or sensation; emissions are both nocturnal and diurnal. Such cases usually become entirely impotent, for they either so completely lose all sexual power as to become incapable of having erections, or, if erections take place, the weakness is so great that an emission occurs before sexual intercourse can be accomplished.

"Life is bereft of all its charms, and such persons not only lose all interest in the higher sources of en-

joyment, but the sexual instincts are entirely destroyed and the poor sufferer bears about with him a worse than living death.

#### DIGESTIVE FORM.

“Those in whom the digestive apparatus is the part most deranged will exhibit great disturbance in the action of the bowels; severe constipation is generally present, though the opposite condition may obtain, and there is sometimes an alternation of constipation and diarrhœa. There may also be derangements of the bladder, incontinence of urine, and diseases of the kidneys, such as diabetes and Bright’s disease. The appetite becomes morbid; there is acidity of the stomach, derangements of the liver, heartburn, palpitation of the heart, indigestion in its worst forms, decayed teeth, gray hair, baldness, catarrh, sallowness, countenance, sunken eyes, haggard look, despondency, melancholy, and hypochondria. The system feels the want of sustenance, but is never satisfied. The victim, although he may be eating enormously, gradually becomes emaciated, and the friends wonder what can be the cause of all this trouble. If he has no cough, the doctor satisfies the world by saying he has “consumption of the bowels, or marasmus,” which is only too true; but most often the lungs become affected, and the poor, self-abused, self-despised sufferer fills a consumptive’s grave.

#### SPINAL FORM.

“In the spinal form, there is excessive irritation and excitability of the spinal cord; rheumatic pains

through the hips and lower limbs; weakness and often numbness of legs; a sense of heat in the lower part of the spine, sometimes accompanied with severe pain and inability to move; paralysis of the lower extremities, spasms, and epileptic fits.

"I have had several cases of epilepsy which I could trace directly to this vice. Some of these were from the first families in the country, whose parents never surmised the cause of the terrible calamity till I disclosed it to them.

"One young man was brought to me in whom epilepsy was developed while at the school. His parents and teachers supposed it was induced by overtaxing the mind with study. Suspecting the cause to be self-abuse, I interrogated him, but he was unwilling to admit it; still believing my opinions to be correct, I placed a close watch over him, and he was soon caught in the practice. The habit had acquired such control that he could not voluntarily restrain himself; although he improved while under my care, yet after he left me he continued the habit until he finally died in an insane asylum.

"Dr. Davis, in his recent work on surgery, says: 'Masturbation affects the spinal cord, occasionally increasing common sensation until it becomes painful. It also impairs the function of the nerves of motion. We have seen the lower limbs badly distorted as a consequence of this habit in children. Spinal irritation in girls and women is, in a majority of cases, due to self-abuse.'

## CEREBRAL FORM.

Those persons in whom the brain and nervous system predominate over the muscular and digestive, will usually manifest signs of mental disturbance; the thoughts continually revert to the sexual organs and things pertaining to them; lascivious images and morbid imaginations constantly hunt the mind. It may be diverted for a short time to other things, but it soon falls back into its accustomed channel, and becomes listless and powerless as before.

"The victim loses the ability to fix the thoughts or to concentrate the mind, and has but little power of self-control in any direction; there is dullness of the eye, with no expression of life or vivacity; the vision becomes dim and indistinct; the hearing dull, and all the senses are blunted in their action; the voice loses its manly tones, and becomes feeble, rough, broken, or squeaking; the countenance presents either a bloated, coarse, and harsh expression, or it may become thin, angular, and expressionless, there is roaring in the ears, with dullness and a disagreeable sensation in the upper and back portions of the head.

"As the difficulty progresses, and the victim awakens to a sense of his crime, he becomes morbid and morose, dwelling constantly upon his ruined condition. Conscience goads him to despair, and, with the constant drain kept up by the seminal losses, he grows weaker in body and mind, and falls an easy prey to temptation in other directions; he is almost sure to be led into intemperance, and next comes some viola-



tion of civil laws, perhaps a crime the commission of which he has no controlling power to resist, and so he goes on till he ends either in idiocy, insanity, suicide, or the gallows.\*

"The reports of all insane asylums show that these institutions are filled with victims of this unparalleled evil. Of many a young man it might be said as a friend says to me: 'A neighbor of ours; a young man of promising intellect, became insane, and was placed in the Battleboro Asylum. After a lengthened stay he was so much recovered as to be taken home; but, beginning to relapse into his former condition, he finally told his mother that she must tie his hands to the bed-posts at night, for that was the way they did at the asylum.' What must have been the feelings of that mother, who had never before suspected the cause of his insanity! 'She immediately informed her husband, and their desire to save others led him to speak to several boys upon the subject, and he found that there was not a young boy in the immediate neighborhood who did not *know* and *practice* the vice.'

"Many a young man is compelled to leave school or college, and renounce his plan of obtaining a liberal education, and his friends sympathize and say, 'What a pity!' 'He has studied too hard?' They may well say, 'What a pity!' but it is *not* 'because he has studied too hard!' It is because his *vital stamina*,

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\* We have personal knowledge that a man recently hung for murder in Philadelphia, was subject to epileptic fits, brought on by self-abuse.—E. P. M.

his brain, and never-power are all exhausted by seminal losses! And there is many a student of whom statements similar to the following might be written: 'A young man studying for the ministry boarded with a friend of mine, and not a morning passed but his night-shirt was found saturated with seminal discharges. No one dared say any thing to him about it, he was soon obliged to give up his studies, went into a decline, and died.'

*"Let no one fear to speak with trumpet-tongue whenever and wherever they see signs of this sad condition; for it may not yet be too late to save some from the fearful end they are fast approaching."*

"This same evil is the cause of a large majority of the suicides of the age. The brain and nervous system become so deranged in their action that the love of life is lost, and the embarrassments of business or the trials of domestic life—which trials arise, in ninety-nine cases out of a hundred, from abuses of the sexual function—afford sufficient excuse for the violent completion of the act of self-destruction. commenced years before."

The symptoms which mark the practice of this fearful vice are thus given by Dr. Acton from Lallemand: "However young the children may be, they become thin, pale, and irritable, and their features assume a haggard appearance. We notice the sunk-en eye, the long, cadaverous-looking countenance, the downcast look which seems to arise from a consciousness in the boy that his habits are suspected, and at a later period, from the ascertained fact that his

virility is lost. I wish by no means to assert that every boy unable to look another in the face, is or has been a masturbator, but I believe this vice is a very frequent cause of timidity. Habitual masturbators have a dank, moist cold hand, very characteristic of great vital exhaustion; their sleep is short, and most complete marasmus comes on; they may gradually waste away if the evil passion is not got the better of; nervous symptoms set in, such as spasmodic contraction, or partial or entire convulsive movements, together with epilepsy, eclampsy, and a species of paralysis accompanied with contraction of the limbs." Dr. Acton says: "Besides the physical symptoms, there are many signs which should warn a parent at once to use all possible precautionary measures. Lallemand truly remarks—'When a child who has once shown signs of a good memory and of considerable intelligence, is found to evince a greater difficulty in retaining or comprehending what he is taught, we may be sure that it does not depend upon indisposition, as he states, or idleness as is generally supposed. Moreover the progressive derangement in his health, and falling off in his activity, and in his application, depend upon the same cause, only the intellectual functions become enfeebled in the most marked manner.'"

Happy is the youth who is fortunate enough to be saved ere the habit takes hold of him, for, as he persists in the debasing vice the consequences become more and more terrible. "At first," says Dr. Acton, "we remark but little local irritation of the canal of

the urethra. Pain may occur in making water, as well as a frequent desire to empty the bladder; the orifice of the meatus is frequently found red, and ejaculation, which before could only be excited by much friction, now takes place immediately; the secretion is watery, and even slightly sanguinolent, and emission is attended with spasm. A sense of weight is felt in the prostate, perinaeum, or rectum and anomalous pains are often complained of in the testes. Nocturnal emissions become very frequent." Dr. Acton goes on to say that in time there is an involuntary passing way of the semen i. e., spermatorrhœa, which is very exhausting to the system. This exhaustion in time, completely unnerves and unsexes its unfortunate victims and embitters the whole of their after lives. But this is not all. There are still worse consequences than these, and it would be well for those who are given to this solitary vice to know them. Masturbation is often the forerunner of consumption. Dr. Acton quotes from a paper read in 1862 by Dr. E. Smith before the Royal Med. and Chir. Society on Consumption. Out of 1000 persons, he stated that 11.6 per cent. of the males had committed sexual excesses: 18.2 per cent. were given to masturbation, and 22 per cent. had suffered from involuntary emissions. Functional diseases of the heart also commonly arise from this cause. Another frequent consequence is insanity. In the Massachusetts McLean Lunatic Asylum, in 1838, out of 128 patients, 24 were there through this vice. In the Worcester Insane Hospital, in 1838, out of 199 males,

42 i. e., almost one-fourth were the victims of self-pollution.

"Only recently," says Dr. Foote, "I was consulted by a father concerning the poor health of his two daughters, aged respectively, twenty-two and twenty-four years. From the description of their cases, they appeared to be physical wrecks, suffering with almost every complication that ever afflicted poor mortals. I saw by an analysis of their symptoms, that although nervous and vascular disturbances were the present causes, of their complaints, self-abuse had induced these. I informed the father as to the nature of the present, causes but to spare the feelings of the young ladies, I dropped a private note to each of them, revealing the whole truth in regard to the terrible vice which was destroying them. With commendable frankness they responded to my letters, acknowledging the accusation, and informed me of their ignorance of its hurtfulness. They further stated that they had long been troubled with leucorrhœa, and that they were even disturbed with lascivious dreams from which they were awakened in the highest state of amative excitement. Many similar cases have been presented to me for my opinion and medical aid, but never before any so hopeless as those I have just mentioned, for they were on the verge of insanity, and already affected with occasional mental hallucinations as terrible as those which attack the degraded inebriated."

Speaking of early self-pollution Dr. Copland in his "Dictionary of Practical Medicine" says: "When

early practised, or before the frame is developed, or whilst the frame is in course of development, this process is more or less impaired, or even interrupted. The organic nervous influence and vital power are determined chiefly to the immature sexual organs, and all the other vital manifestations languish more or less. The functions of digestion and assimilation are weakened, the blood is poor and deficient in red-globules and hæmotosin, and a state of anæmia is more or less completely produced ... At this early age, or when puberty is either not commenced or is just appearing, the patient is often stunted in growth by this habit, or is rendered decrepit or imbecile, the ovaria and the testes are imperfectly developed, and even waste more or less, and the beard in males hardly appears." Writing of self-pollution practised later in life Dr. Copland says: "Stooping and roundness of the shoulders, with the falling inward of the thorax below the clavicles; emaciation, and weakness of the joints; pallor of the countenance, with sunk orbits, the eyes being surrounded by a darker circle, a weak or dim sight, or nearness of the sight, weakness and pains in the eyes often preceding the change in the focus of distant vision; eruptions on the face; a falling out of the hair, and baldness of the crown and forehead; pains in the head, lowness of spirits, and aching of the back and loins with inability of sustaining long and erect or even a sitting posture without support; marked aversion from leaving bed in the morning; and indisposition to enter upon any mental or bodily occupation, are the

earliest indication of self-pollution at the more mature periods of life."

"The *evil consequences* of self-pollution," he says, "are however, not confined to the individual; but as already stated are transmitted to the offspring, when the effects have not been such as to kind and degree as to prevent procreation. But when the constitutional powers, and more especially the sexual organs, of either sex are much weakened by this vice, either sterility is the consequence or the offspring is delicate, puny, decrepit, or the subject of various congenital maladies, especially of the nervous system—to idiotsy from deficient development of the brain, to hydrocephalus, to epilepsy, convulsion, palsy." These are some of the dreadful effects of this pernicious habit.

Says Dr. Ritchie: "How earnestly do those who know what the future will bring to such a one repeat these feeling words of Ellis—'Would that I could take its melancholy victims with me in my daily rounds (at Hanwell Asylum), and could point out to them the awful consequences which they do but little suspect to be the result of its indulgence. I could show them those gifted by nature with high talents, and fitted to be an ornament and a benefit to society, sunk into such a state of physical and moral degradation as wrings the heart to witness, and still persevering, with the last remnant of mind gradually sinking into fatuity, the consciousness that their hopeless wretchedness is the just reward of their own misconduct.'"

**Advice to Parents.**—Children who are suspected of this vice should be carefully watched, and the dreadful consequences put before them with a gentle and solemn warning against its practice.

This frightful vice is so common that it is the bounden duty of every parent to warn his children, when the proper time arrives, against its practice. But it is hardly possible to say when this advice should be given, for the most lamentable instances have been known of children being addicted to self-pollution at an astonishingly early age. Even in early childhood, before emission was possible, children have been known to be guilty of it. The vice is generally learnt from bad example, but very frequently vicious servants teach the poor little innocent children to practise it. There is nobody to warn them of the dangers of this vile habit; and they continue in it. Parents are too apt to believe their children free from the contaminating vice; and even when boys and girls are grown up, the instruction in physiological matters so essential to every youth, is sadly neglected. I was acquainted with a young man who is now in his too early grave, a victim of consumption, probably brought on by this vice, who when informed by me of the terrible consequences attendant on self-pollution, with a sad heart confessed to me that he practised it, and sorrowfully wished he had known of its dire effects. This is but a typical instance representing the position of thousands, nay hundreds of thousands, of young men and women.



Parents will very naturally shrink from the idea of cautioning their children, thinking they may thereby be suggesting thoughts that did not previously exist in the mind of the child. Unfortunately they are generally mistaken. Speaking from very wide experience Dr. Acton says: "It is a question with many parents if it is wise (on his going to school) to caution him against the vile habit of masturbation and its consequences. My own impression once was, that it would be a pity to poison the mind of a high spirited lad with any cautions about such debasing practice; but that opinion has been altered by the confessions of many who, ignorant of the results, have by the example of others, been led to practise masturbation. I believe that in many cases a parent should at least hint to his son that he may very possibly have to witness unclean practices and warn him at once manfully to resist and oppose them, pointing out at the same time the consequences to which they tend. There may be the risk of tainting an ingenuous mind by broaching such a subject, and unfolding before it this distressing page in the book of knowledge of good and evil; but when it is needful, a father should in my opinion accept the grave responsibility and ought not to fall into the greater unknown ill of dismissing his child to the probability of contamination, without an attempt to save him. I esteem it false delicacy and a wrong, that a parent should hesitate to warn his boy, when, at the most, he can only anticipate by a few days or weeks the offices of a youthful schoolmaster in vice, as ignorant of conse-

quences as the pupil, and unable to administer the antidote with the poison."

"It behooves every parent," says Dr. Howe, "especially those whose children (of either sex) are obliged to board and sleep with other children, whether in boarding-school, boarding-house, or elsewhere, to have a constant and watchful eye over them with a view to this insidious and pernicious habit. The symptoms of it are easily learned, and if once seen should be immediately noticed.

*"Nothing is more false than the common doctrine of delicacy and reserve in the treatment of this habit. All hints, all direct advice, all attempts to cure it by creating diversions will generally do nothing but increase the cunning with which it is concealed. The way is to throw aside all reserve; to charge the offence directly home; to show its disgusting nature and hideous consequences in glowing colors; to apply the caustic seething hot and press it in to the very quick, unsparingly and unceasingly.*

"There need be no fear of weakening virtue by letting it look upon such hideous deformity as this vice presents. Virtue is not salt or sugar, to be softened by such exposure; but the crystal or diamond that repels all foulness from its surface. Acquaintance with such a vice as this—such acquaintance, that is, as is gained by having it held up before the eyes in all its ugliness—can only serve to make it detested and avoided.

"Were this the place to show the utter fallacy of the notion that harm is done by talking or writing to

the young about this vice, it could probably be done by argument, certainly by the relation of a pretty extensive experience. This experience has shown that in ninety-nine cases in a hundred, the existence of the vice was known to the young, but not known in its true deformity; and that in the hundredth, the repulsive character in which it was first presented, made it certain that no further acquaintance with it would be sought."

These are weighty words which every parent should bear in mind.

**Predisposing and Exciting Causes of Self-abuse.**—

"The manner in which children are reared and educated" says Dr. Miller, "has also much to do in developing an irritability of the sexual organs, and is a predisposing cause of self-abuse; the food and drink, habits of cleanliness—or its opposite—dress, associations, etc., all have their influence upon the child, and tend either to develop or overcome the inherited tendencies of the sexual organization.

"Feeding children upon pork, gravies, eggs, pastry made of lard, salt, meats, with mustard and pepper, rich pies and cakes, spices, cloves, and other excitants; candies and sweetmeats, vinegar, pickles, tea and coffee; and every thing of this description, eaten at all hours of day and late at night, tend to fire the blood, derange the functions of the system, excite the nerves, and bring on a precocious development of the sexual passion."

"The skin, too with its millions of little sewers, by which God intended the purification of the system to

be carried on must be kept clean, or the impurities are dammed back, and the internal organs become deranged in consequence ; and, wherever a predisposition to excitability of the sexual organs exists, those organs must suffer and become more irritable still, from habits of uncleanness. Weakness of the sexual organs is often induced and increased by the inattention of mothers and nurses with regard to changing the clothing of infants ; they are allowed to go wet and soiled, thus irritating and chafing the tender parts, until this becomes a strong excitant to self-abuse.

“ Sleeping on feather-beds and feather-pillows, in close, unventilated rooms, is another cause of weakness, and, therefore, aids in inducing this vile practice. Children are often initiated into the habit of self-abuse by sleeping with libidinous servants ; and many a man and woman might say as a patient writes to me : ‘ I curse the time when I slept with a servant of impure mind, who led me to habits of vice from which I have suffered ever since.’ Little babes acquire the habit of masturbation from nursery-maids, who frequently play with the genital organs to keep the child quiet.

“ Confining children in-doors ; compelling them to sit on hard benches, with their toes scarcely reaching the floor, in ill-ventilated school-rooms ; low, vulgar stories upon subjects relating to the sexual function, which many young men and boys yes, and *old men too* ! are so fond of relating to excite the imagination and arouse the curiosity of all who listen to them ; giving children false impressions as to how they were

born—and this is as often done, by parents as by others—and of the nature and use of the sexual function; reading low novels and obscene stories; looking at obscene pictures—all tend to excite the imagination, and arouse and pervert the sexual instinct.

“Among the more immediate exciting causes are: constipation; worms in the intestines, especially ascarides, or pinworms in the rectum; an accumulation of filth and sebaceous matter around the glans penis; retention of urine beyond a proper time; eating late suppers; using alcoholic stimulants, tobacco, etc, sedentary occupations, and certain employments which require such motion of the limbs as to cause friction of the thighs upon each other, such as working a lathe, treadmill, sewing-machine, or playing musical instruments that require this action—all these motions cause a determination of blood to those parts, which will inevitably occasion more or less nervous excitement of the sexual organs. Handling of the genital organs has also a tendency to cause a flow of blood in that direction, as does keeping the thoughts upon subjects of a sexual character.

“Talking to children about ‘sweethearts’ and ‘lovers’ is a fruitful cause of premature excitement of the sexual system, and often leads to self-abuse, as well as to promiscuous sexual indulgence. I am often horror-stricken at the lightness and levity with which these seeds of damnation are sown in the minds of children. Parents and others who sow such seed may thank themselves for the fruit thereof.”

**When to Advise the Young.**—There can be no doubt that this is an important as well as a difficult task, but its difficulty can have no weight when we consider the frightful consequences that result from the indulgence of this vice. In the above passage some useful hints to parents are given. Here I give a few more.

Knowing as we do, from what we see around us, that ignorance is not only no preventive, but on the contrary a sure forerunner of evil practices, it should be clearly understood by parents that they must adopt some means to save their children from this fearful vice. Knowledge alone will do it: knowledge of the dire consequences that follow on its trail. This knowledge, therefore, must be most carefully and gently imparted to the poor youth who knows not what he is doing.

When, then, should this physiological knowledge be imparted. It is generally as puberty is dawning that this sexual vice is learned. The requisite knowledge, therefore, should precede it. But it often happens that in younger years children almost unconsciously manifest a desire to frequently touch their private parts. They should be informed that they should never do so except when the necessities of nature demand it. That it is not good, and results in much harm. As the child grows older and approaches the period when such temptations are most likely to overtake him, he should be told that immodest and lascivious thoughts, words, and actions should never be encouraged or indulged in. That no noble, and high-minded youth encourages them. That all temptations

should be manfully met and resisted. It should be explained that such expenditure is physically very injurious, and ultimately shatters the system, and leads to life-long misery, and not unfrequently to death. That such habits, if encouraged, grow and make their victim a complete slave. That acts should never be committed in secret of which they would feel ashamed for their parents to know. That it is the duty of every boy and girl to look after himself and herself that they shall grow into healthy men and women, and perform the duties in life for which they are adapted.

“The best general directions for home treatment are the following: First, *the habit that has caused the difficulty must be abandoned at once and forever!* If the passion is so uncontrollable that there is difficulty in restraining the voluntary practice, then all the habits of life must be changed, so as to free the patient from every thing which excites and stimulates the passions. The will-power must be educated and worked up to the point of absolute resistance to the practice. The blood diverted from the sexual organs to other parts of the system. The body and mind employed in work of some kind, as much and as active as the strength will bear. Physical training either upon the farm, in the workshop, or the gymnasium, where all the muscles shall be called into play, is indispensable. If the sufferer follows a sedentary occupation, riding, walking, rowing, or exercise in the gymnasium should be a part of every day's duties.....These exercises, when not everdone, have

a wonderful influence upon the spirits, cheering the very soul of him who practices in earnest. They divert the thoughts, employ the time, quicken the circulation, and remove local excitement and irritation. No home or school should be without apparatus for these exercises."

Lying in bed after being awake often leads to this vice.

Mothers have more opportunities than fathers of kindly yet forcibly inculcating such important physiological truths as these.

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## CHAPTER SIX.

### Marriage.—Sexual Intercourse and its Laws.

**M**ANY persons labor under the false idea that sexual misery results only from illicit sexual indulgence, and no matter whatever excess they may commit in wedlock, they are safe from injury. This mistake arises from ignorance of physiological laws. In fact, people are often unaware what excess, and what the normal exercise of the reproductive organs means.

Alas! how many married couples there are whose health has been ruined and destroyed, by their regardlessness of sexual moderation. Without the slightest consideration of what they are doing they recklessly throw loose the reins of their desires, and madly rush on to the goal of misery and unhappiness.



It has been rightly said that "excesses are often committed from ignorance of the amount of sexual intercourse which the constitution can bear; as well as from the desire to please, and not to appear deficient in what is justly regarded as a proof of manly vigour; but no man should allow himself to be tempted to exceed his true powers by such feelings, nor should any woman permit so dangerous an error. A great deal of mischief is done by two persons of unequal constitutions being matched together, as is so frequently seen in married life. Here the wife either exhausts the husband or the husband the wife, the weaker party being constantly tempted to exceed their strength. This shows us, that in all sexual relations, as in the other relations of life, we should have a careful consideration for the health and happiness of others, as well as of ourselves, and never allow our partner to overtask his or her energies for our own gratification. It is not so much from selfishness that such a mistake is made, as from ignorance, and still more from the lamentable morbid delicacy, which prevails of sexual matters, and which prevents all open and rational conversation on them, even between those who have the most intimate knowledge of each other." It is satisfactory to know that education is gradually improving this state of things, and people are learning to know the importance and necessity of being acquainted with the laws that regulate the sexual functions.

**Effects of the Sexual Act on the System.**—In order to understand clearly the evil consequences attend,

ant on sexual excess, it is necessary to explain the effects of the sexual act on the human system. "So serious, indeed," says Dr. Acton, "is the paroxysm of the nervous system produced by the sexual spasm that its immediate effect is not always unattended with danger, and men with weak hearts have died in the act. Every now and then we learn that men are found dead on the night of their wedding, and it is not very uncommon to hear of inquests being held on men discovered in houses of ill-fame, without any mark of ill-usage or poison. The cause has been, doubtless, the sudden nervous shock overpowering a feeble or diseased frame.

"However exceptional these cases are, they are warnings, and should serve to show that an act which *may* destroy the weak should not be tampered with even by the strong."

This will suffice to teach the reckless that nature is not to be abused with impunity, and though she may at times be tardy in avenging her laws, nevertheless, the punishment inevitably follows. The effect of the sexual act in certain animals plainly proves the influence it exerts on the entire system. The buck rabbit, for instance, falls on one side, as if in the pangs of death, with eyes turned up, and hind legs spasmodically quivering. A feeling of languor and drowsiness comes on a healthy man, which should not be rashly unheeded.

**Effects of Sexual Excess.**—Such being the effects of sexual congress on the human frame, it will be wise to learn what repeated excessive indulgence

in it will inevitably lead to. In this connection the words of Dr. Acton will prove useful. He says : " Too frequent emission of the life-giving fluid, and too frequent sexual excitement of the nervous system, are, as we have seen, in themselves most destructive. The result is the same within the marriage bond as without it. The married man who thinks that, because he is a married man, he can commit no excess, however often the act of sexual congress is repeated, will suffer as certainly and as seriously as the unmarried debauchee who acts on the same principle in his indulgences—perhaps more certainly, from his very ignorance, and from his not taking those precautions and following those rules which a career of vice is apt to teach the sensualist. Many a man has until his marriage, lived a most continent life ;—so has his wife. As soon as they are wedded, intercourse is indulged in night after night ; neither party having any idea that these repeated sexual acts are excesses, which the system of neither can with impunity bear, and which to the delicate man, at least, is occasionally absolute ruin. The practice is continued till health is impaired, sometimes permanently ; and when a patient is at last obliged to seek medical advice, his usual surgeon may have no idea or suspicion of the excess, and treat the symptom without recommending the removal of the cause, namely, the sexual excess ; hence it is that the patient experiences no relief for the indigestion, lowness of spirits or general debility from which he may be suffering. If, however, the patient comes under the care of a medical man in the habit of

treating such cases, the invalid is thunderstruck at learning that his sufferings arise from excesses unwittingly committed. Married people often appear to think that connection may be repeated just as regularly and almost as often as their meals. Till they are told of the danger, the idea never enters their heads that they have been guilty of great and almost criminal excess; nor is this to be wondered at, since the possibility of such a cause of disease is seldom hinted at." Strong men not feeling any rapid exhaustion from frequent indulgence, generally imagine that no harm will result therefrom. In this they grossly err. No matter however powerful the nervous system of a man, after a few years, if not sooner, he will find that his excesses are bringing about their natural consequences, and his constitution will gradually begin to break down under the strain.

Excesses inevitably weaken the genital organs, and bring on involuntary seminal discharges, which often, if allowed to continue, lead to much misery and wretchedness. Frequently all the signs of self-pollution visible in the youth, appear in the married man through marital excess.

A very erroneous belief prevalent among some people is that indulgence strengthens debilitated organs. On the contrary it leads to greater weakness, and should be carefully guarded against.

"Excess on the part of the male," says Dr. Foote, "is more ruinous than excess practised by the female. This statement is based on the supposition that the amative desire, or amative excitability, is equal, or

in other words, one is as amative as the other. But when the female is apathetic sexually, with perhaps not only no desire, but rather, an aversion to intercourse, then it injures her most." Often it proves fatal to the female.

There is another evil that arises from excessive indulgence. Sexual excess, says Professor Fowler, "breeds disgust for its paramour. We are compelled, by a law of mind, to regard a frequent partner of sensuality as a kind of *animal tool*, a mere sexual thing, gross, low, and sensual. This shows *why* the libertine, however intently he pursued his 'game,' before indulgence, always becomes indifferent after desire is sated, and finally casts her off. This is *always* the case, because based in the law of mind that sensuality, in and of itself, degrades its joint partner in their own eyes, and in the eyes of each other breeds disgust of self and one another, deteriorates the moral tone, and demeans and animalizes the entire being. This abasement is *inherent* in excessive indulgence for its own sake; nor does marriage wipe away the polluting stain. Carnality is carnality, the world over, in wedlock as much as out of it, and *constitutionally* 'breeds contempt, disgust,' and hatred even between the married. This must *always* be the case where animal indulgence is sought; the laws of nature knowing no difference between those *legally* married or unmarried. I speak of mere animal indulgence as such." It will be seen from this that the duty of husband and wife lies strictly in sexual moderation.

May other serious consequences of which people

are not aware arise from sexual excesses. The belief that only seminal losses bring on debility has given way before scientific research. "There is a good deal of evidence now existing," says Acton, "which shows that shocks constantly received and frequently repeated on the great ganglionic centres may produce irritation in them, and thus cause many of the obscure forms of disease to which we have hitherto failed in discovering a key. If there is any cause which is likely more than another to produce undue excitement of the ganglionic system it is the too frequent repetition of acts involving this nervous orgasm. .... Hence we should infer, I think, that undue excitement of the generative functions may set up irritation of these ganglia, and that this undue excitement will be communicated to the spinal cord, producing depression of spirits, pain at the pit of the stomach, and general prostration. I may, moreover, remark, that if this is the *modus operandi* of such lesions, it is not surprising that in many cases where we notice the effects of excesses in young men, nature should be with difficulty able to recover from such rapidly repeated shocks. We have reason also to believe that the irritation set up has in such cases so morbidly excited the channels of nervous influence, that they have received some permanent damage which they very slowly recover from."

**What is Moderation and what Excess.**—The question that naturally suggests itself here is, How is moderation to be distinguished from excess? Acton's advice will be found useful in this most important matter.

He says: "It may very naturally be asked, what is meant by an *excess* in sexual indulgence? The simple reply is, the same as in any other indulgence. An excess is what injures health. I have.....stated that according to my experience, few hard-working intellectual married men should indulge in connection *often* er than once in seven or perhaps ten days. This however, is only a guide for strong, healthy men. Generally, I should say that an individual may consider he has committed an *excess* when coitus is succeeded by languor, depression of spirits, and malaise. This is the safest definition! Such results should not happen if the male be in good health, and indulge his sexual desires moderately.

"No invariable law can be laid down in a case where so much must depend upon temperament, age, climate, and other circumstances, as well as the health and strength of both parties. I maintain that in highly civilised communities the continuance of a high degree of bodily and mental vigour is inconsistent with more than a *very moderate* indulgence in sexual intercourse. The still higher principle also holds good that man was not created only to indulge his sexual appetites, and that he should subordinate them to his other duties." Let me give the words of another authority on this important subject. Says Dr. Trall: "It is easy to lay down a rule by which all may approximate as nearly as possible to physiological propriety—a life in obedience to the laws of life. The more nearly the parties live in accordance with physiological habits, especially in the matters of food

clothing and exercise, the more nearly normal will be their sexual inclinations, and the less need have they of subjecting their desires to the restraints or control of reason. For those who live riotously; who are constantly goading their sexual passions into abnormal intensity by means of gross food, stimulating viands and obscene association, no better rule can be given than the less indulgence the better.

"The majority of young persons unite in matrimony with no education whatever on this subject; and habits, right or wrong, are soon formed which are apt to be continued through life. I have had patients who had for years indulged in sexual intercourse as often as once in twenty-four hours, and some who have indulged still oftener. Of course the result was premature decay, and often permanent invalidism. It was not because these persons were inordinately sensual, or unusually developed in the cerebellum, that they damaged themselves in this way. It was simply because they knew no better. Many a man who would have been a good husband if he had only known how, and who would not for his life, much less for the momentary pleasure it afforded, have endangered the health or hazarded the happiness of a well-beloved wife has destroyed her health, happiness and life (some men several wives successively) by excessive sexual indulgence.

"Married men are not always as sensual in character, nor as cruel in disposition, as they seem. With many sexual intercourse becomes a habit like eating, working and sleeping; and they indulge in it with



nearly the same regularity that they do in their other habits, reckless and thoughtless of its consequences to themselves or their wives. And it is no uncommon thing for the physician to attend an invalid woman for years whose ailments are chiefly attributable to this habit on the part of her husband. Almost every physician of large practice has a circle of 'everlasting patients' whom he visits and prescribes for once a week, on the average, for years; who never get much better at home, but always improve at once when removed to a proper distance from their bosom companions."

"The frequency," he says, "with which sexual intercourse can be indulged without serious damage to one or both parties, depends, of course, on a variety of circumstances—constitutional stamina, temperament, habits of exercise, occupation, etc. I am of the opinion that few can exceed the limit of once a week without serious detriment to health and a premature old age; while many cannot safely indulge oftener than once a month. But as temperance is always the safer rule of conduct, if there must be any deviation from the strictest law of physiology, let the error be on that side."

Having said enough to clearly explain to the reader where the path of duty lies, I will now lay down a few rules for the guidance of the married.

**Rules for the Guidance of the Married.**—Married people will do well to observe strictly the following rules laid down for their guidance.

As you will have seen from the above, sexual intercourse is a great strain on the nervous system, and when indulged immoderately leads to great and seri-

ous physical and mental injury not only to its participants, but also to the offspring. No one has the right to injure another by reckless conduct, and no parent has the right to bring into the world diseased and puny children whose lives will be a curse instead of a blessing to them. It is a crime against them. Your duty, therefore, lies in strict temperance. This, as I have shown, will tend to your own happiness and the happiness of others. If you are too selfish to care about the happiness of others, which no man worthy the name is, remember that by sexual excess you are laying the foundation of your own misery.

You will require a test to show you whether you are within the limits of moderation or whether you have exceeded the bounds which nature has prescribed for you. This is best given you in the words of Dr. Lallemand; apply it to yourself and follow it. He says: "When connection is followed by a joyous feeling, a *bien etre general*, as well as fresh vigour; when the head feels lighter, the body more elastic and ready for work; when a greater disposition to exercise or intellectual labour arises, and the genital organs evince an increase of vigour and activity, we may infer that an imperious want has been satisfied within the limits necessary for health. The happy influence which all the organs experience is similar to that which follows the accomplishment of every function necessary to the economy." This is the advice you must follow.

If on the other hand a feeling of exhaustion or enervation comes over you, it conclusively

proves that you have exceeded your limits. This feeling of great fatigue should warn you that you have not acted in accordance with physiological law. A *slight* feeling of fatigue or languor may not indicate excess, but exhaustion certainly does. Avoid it.

Remember also the following: "Sexual intercourse should never, under any circumstances, be indulged when either party is in a condition of great mental excitement or depression, nor when in a condition of great bodily fatigue, nor soon after a full meal, nor when the mind is intensely preoccupied; but always when the whole system is in its best condition, and most free from all disturbing influences."

The best time for sexual intercourse is when the nervous system is in its best condition, after the body has been refreshed by sleep. Never when the body is fatigued after the day's work. Nor on first awakening, for then the physical and mental faculties are not properly aroused. Never after a meal. There have been instances in which men have died through cohabiting after meals.

Exercise in the open air tends to promote health and give tone to the whole system. Take plenty of it.

If these instructions are followed out, the good derived from them will be soon apparent. It is the duty of every husband and wife to act in accordance with these rules.

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## CHAPTER SEVEN.

### Seminal Weakness.

**Y**OUNG unmarried men not unfrequently suffer from disorders brought on by ungratified sexual excitement. They imagine that so long as they do not indulge in illicit intercourse, or self-abuse, no harm can possibly follow, no matter how much sexual excitement they may cause. They indulge in obscene conversation, and lascivious thoughts which naturally excite the passions, and leave behind them their evil consequences. Let me warn them against such practices. It is not enough to shun illicit intercourse and self-abuse, but they must likewise avoid obscene thoughts and language.

**Diseases through Sexual Excitement.**—Sexual excitement brings in its train many serious consequences of which people are not aware. “In the first place, these indulgences—which are thought so harmless—produce local mischief in the reproductive organs. Among the principal and primary evils they cause, is the weakening of the co-ordinate action which should connect the excitement of the organs and the complete performance of the sexual act. In the next stage the excited nervous system, if it does not receive and reciprocate that shock which we have seen to attend ejaculation, suffers a longer and more severe strain, lasting often days or nights, and this new explosion of the Leyden jar is repeated over and over again. In fact, the non-occurrence of emission after sexual excitement permits for a time the repe-

tition of the excitement; but ultimately a collapse takes place from which it is very difficult to rally a patient. The consequences are, that when after the preliminary excitement has occurred, and the control of the will shall have been able to prevent emission, the patient will very probably find that when he wishes it, emission will not follow erection. These practices, unnatural in the highest degree, cannot be carried on with impunity. Nature is sure, sooner or later, to inflict a severe retaliation." Such are the evil consequences attendant on this bad habit. How careful, therefore, should young men be to avoid anything that may lead to them.

Need I say that these injurious effects are not confined to unmarried men, and that married men not unfrequently suffer from them through sexual excitement that is not followed by marital intercourse. People should know that all unnecessary sexual excitement brings on sexual debility, and sometimes impotence, and should be carefully avoided,

**Involuntary Seminal Discharges.**—A very common complaint from which young men suffer is known as Spermatorrhœa, or involuntary seminal discharges.

Spermatorrhœa is caused sometimes through hard study, and nervous affections, but the commonest of causes are self-abuse or venereal excesses, especially the former.

These involuntary seminal discharges are of two kinds, nocturnal and diurnal. In the nocturnal one the patient has a dream followed by a discharge of semen,

Often "the emissions may.....take place nightly, or even three or four times in the night in bad cases, and this soon brings on a state of great exhaustion. The proportion in which nocturnal emissions weaken the strength in any one, must determine how far they constitute a disease. Sometimes, when few, they are of little consequence; at other times, if frequent, they bring on the greatest prostration and melancholy ..... As the disease advances still further, the organs lose their natural powers of pouring forth a large quantity involuntarily at one time. The semen becomes thinner, and deteriorated in quality; and as fast as it forms, it drains off, whenever any exertion is made." These constitute the diurnal discharges.

"As the disease advances, all the symptoms become aggravated. The patient gradually and slowly sinks into the greatest emaciation and weakness, if unrelieved; he becomes impotent, *i. e.*, cannot have sexual connection; ..... or if sexual connection be effected, the emission comes almost immediately, and with little enjoyment. Along with this, there is often at one time a disgust at, and at another a morbid bashfulness in the presence of women. The mind may be variously affected according to his disposition; he may become savage and repulsive, so as to avoid the society of his friends, and feel hatred and disgust at mankind or gloomily despairing, hypochondriacal and timid; the intellect gradually loses its clearness and elasticity, and ceases to obey the powerless will, which may seek in vain to bend it to attentive thought; and

this may proceed even to insanity and or idiocy, in the worst cases."

"When spermatorrhoea has existed long," says a medical authority, "the semen sometimes becomes much deteriorated in quality, so as to be incapable of serving for impregnation. The spermatozooids in these cases are sometimes scarcely to be recognised and do not appear to have their normal development.

"As soon as the nocturnal emissions have become so numerous, that the patient's constitution cannot support the drain, the powers begin to break down. The one prevailing feature in all the symptoms caused by seminal losses, is *weakening of the nervous system*. There is perhaps, no chronic disease, not having its seat in the brain itself, in which this part becomes so enfeebled. The signs of nervous exhaustion are at first a slight feeling of weakness on rising in the morning, especially after a nocturnal emission, and still more after two or three in the same night; a sort of mistiness or haze in the thoughts, and dimness in the sight, while the eye loses its lustre; enfeeblement of muscular power, with irritability of its fibre, often shown by palpitation of the heart, (so constant an attendant on nervous exhaustion,) which has caused in many cases, groundless fear of organic heart disease; indigestion and constipation, from insufficient nervous tone; and wasting of the frame more or less. In different patients, different parts are chiefly affected. Thus one (who has probably not studied hard, and in whom the brain is not the vulnerable part,) will not

complain so much of his head, but rather of indigestion, emaciation, and muscular debility; whilst others retain the appearance of blooming health, whose mind may be greatly enfeebled."

"The constitutional symptoms are various," says Dr. Foote, "according to the temperament and idiosyncrasies of the invalid. In some cases only a little nervous irritability or debility is experienced, while the mind gradually loses its vigour and activity. The victim is no more aware of the gradual approach of imbecility than an old, infirm man who is losing his faculties day by day and seems unconscious of declining intellect, and feels exasperated if his abilities are questioned. Another is alive to his actual condition—finds his memory waning—his powers of concentrating thought declining—both his bodily and mental energies wasting away. Still another loses suddenly his mental powers, and becomes idiotic or insane. Still a greater number live in the greatest mental and physical despair, if not actual wretchedness. Hypochondriasis seizes upon them; they are full of whims and bugbears; they imagine the approach of all sorts of evils; feelings of dread constantly overpower them; and they fear death as if it were a plunge into a pit of burning sulphur or something worse, and nothing in nature can excite their admiration or awaken within them pleasurable emotions. They are blind to the beautiful things a generous Creator has strewn in their pathway, and a look upward at night-time into the



begemmed heavens, bewilders rather than enchants their depressed and troubled spirits. Their imaginations are wrapped in a pall of horrors; and though they may occasionally peep through its folds, and catch a ray of hope and sunshine, a little thing startles them, and they turn from a world of horrors without to a temple of terrors within. If these mental hallucinations do not harass them they are dizzyheaded, short of breath, dyspeptic, victims to sleeplessness, neuralgia, pains in and palpitation about the heart, debility, nervous irritability, fretfulness, and melancholy. I do not mean to say that one person suffering with spermatorrhœa has all these troubles; but every sufferer has one or more of them, depending upon the sensitiveness of his nervous organization and the length of time his disease has affected him." Says Acton: "Where we find the general health suffering, the disposition to intellectual employment almost lost or impaired, exercise becoming a toil, society spurned, and the company of females particularly avoided, there is strong reason to suspect something wrong with the generative organs which may possibly depend upon the excessive and habitual loss of semen. This debility and enervation, which are so frequently connected with the loss of semen, may complicate almost every affection to which the human frame is subject." Profuse emission and masturbation bring on also a peculiar dryness of the throat known as "Clergyman's Throat."

In his work on the *Diseases of the Testis*, G. B. Curling says:

"The complaint may also be brought on by excessive indulgence in sexual intercourse. But its most common cause is long continued and frequent self-abuse, those who give way to this vicious habit being little aware of the evils it engenders. The practice occasionally acquires a complete mastery over the reason and will. In some cases not even the strongest self-control can repress the disposition to abuse, and persons fully aware of the evil results, and actually dreading the consequences, are unable to restrain their fatal desires. In these cases there is a peculiar morbid condition of the nervous system. Indeed, the debilitating and enervating effects of this affliction are far greater than would be occasioned merely by a drain of the amount of fluid emitted, which is to be ascribed to the nervous exhaustion especially attending the reproductive function..... Such is the heavy penalty often paid by man for gross indulgence in sensuality—a degraded nature and a ruined constitution embittering the best days of his existence, and sometimes even leading to insanity or suicide."

Lallemand, in reference to the delusion of *spontaneous recovery* says:—"Many diseases when left to themselves work their own cure, provided only they be not exasperated by the imprudence of the patients. This is not the case with Spermatorrhœa; chiefly, perhaps, because *the effects produced by the disease itself are favorable to the increase of involuntary discharges. The natural tendency of this disease to become aggravated, AS THE RESULT OF ITS OWN EFFECTS,*

*frequently leads to a fatal termination.* The patients, under such circumstances, generally expire in one of the attacks of syncope that follow congestion of the brain. In this way, also, such of the insane as have fallen into a state of dementia usually expire." "After alluding to the fact", says Dr. Parker, "that patients frequently die from diseases aggravated and inflamed by unsuspected Spermatorrhœa, he goes on to say that the other complications usually engross the attention of the attendants, Spermatorrhœa being not even thought of whilst it is committing its ravages, and reducing the patient to such a state of debility that he is unable to withstand other illness. 'In such cases, unfortunately,' concludes M. Lallemand, *Spermatorrhœa is generally unsuspected.*" Let the unfortunate sufferer from this disease have himself cured as soon as possible.

#### GENERAL SYMPTOMS—BODILY.

*Muscular, Respiratory, Circulative and Nutritive Systems.*

The following are given by a writer:—

Increased appetite or voracity (in early stages).

Uneasiness, sinking or faintness before taking food, followed by disgust; nausea afterwards.

Want of appetite for plain kinds of food.

Quickened pulse.

Flushed face.

Acrid heat of the upper part of the œsophagus.

Alterations in secretions of liver and pancreas

Loss of substance.

Cadaverous appearance of the skin.  
 Hollow or sunken eyes.  
 Extreme sensibility to cold  
 Rheumatism.  
 Flatulency.  
 Griping.  
 Difficulty of breathing and cough.  
 Distension of stomach and intestines.  
 Muscular flaccidity.  
 Excessive mucous secretions.  
 Irregular action of the heart.  
 Apoplexy.  
 Liquid and unnatural stool.  
 Diarrhœa.  
 Inflammation of the rectum.  
 Constipation.  
 Loss of hair.  
 Pulmonary catarrh.  
 Indolence, or indisposition to exercise.  
 Lassitude.  
 Fatigue on slight exertion.

#### CLIMAX—CONFIRMED DEBILITY.

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#### GENERAL SYMPTOMS—MENTAL.

##### *Nervous System.*

Restlessness.  
 Sighing.  
 Sensation of congestion.  
 Want of energy.

Uncertainty of the voice.  
 Nervous asthma.  
 Vertigo.  
 Want of purpose.  
 Desire for solitude.  
 Listlessness and inability to fix the attention.  
 Cowardice.  
 Depression of Spirits.  
 Giddiness.  
 Loss of memory.  
 Excitability of temper.  
 Moroseness.  
 Trembling of the hands.  
 Sudden pallor.  
 Lachrymosity.  
 Tremor from slight cause.  
 Pains in the back of the head or the spine.  
 Pains over the eyes.  
 Disturbed and unrefreshing sleep.  
 Strange and lascivious dreams.  
 Hypochondriasis.

CLIMAX—INSANITY.

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## CHAPTER EIGHT.

### How to have Healthy Babies.

**I**T is the imperative duty of every parent to bring into the world, if any children at all, healthy ones. Every child born has the right to a sound constitution. Every babe claims at the hands of those who have brought it into existence a healthy organization. A healthy child is a pleasure to its parents; a poor sickly one a source of trouble and anxiety, often of unmitigated sorrow. Every parent naturally likes to have healthy children, full of energy and vitality in their little frames; and this may be accomplished more frequently than at present, if only parents know how to do it. Many of the sickly children that one constantly meets with might have been strong and healthy, if only their parents knew more of the laws of life than they happen to know. But unfortunately this subject, more important than all others, is sadly neglected by the vast majority. People attend to, and study the conditions requisite for, the breeding of splendid animals, but no attention is paid to the rearing of splendid men and women. There are not even works within the easy reach of people to guide them in this matter. And yet on these important conditions depends the progress of the human race.

Is this chapter I have endeavoured to condense as far as possible the instructions which are necessary to be followed by parents.

Before giving these instructions, however, let me explain some important truths which should be thoroughly understood by parents.

**Heredity.**—There is a well-known aphorism that the fruit seldom falls far from the tree. A child is but the prototype of its parents. Their qualities are inherited by it. Says an eminent authority: "Another interesting reflection connected with the subject of generation is, that every child must include in itself the mingled qualities of its two parents. Neither parent furnishes alone, the embryo, as was at one time believed, but both together, by the union of the sperm and germ cells. Therefore the child is just midway between the parents, and can possess no quality which did not exist in them. The qualities of the parents, both mental and bodily are blended together in the child so as to form a third being. The parental characters may indeed be disguised, as the properties of oxygen and hydrogen are, when they combine to form water; but still they must be there and it is most interesting to trace them.

"By an analytic comparison of the child with its two parents, we may gain an insight into the laws just as definite and fixed as those of chemistry or any other part of nature, according to which two sets of qualities of mind and body are blended together, so as to form a third. If we possess any prominent gift of mind or body, the seeds of it must have existed in our parents; and whether we inherit a good or a bad constitution, and a healthy or a delicate mind, depends entirely on them, subject of course to the modifying influence of circumstances. It is commonly and vaguely said, that such a child is like its parents and such another unlike; but the truth is, that every child is

the mingled essence of its two parents, and must, if we look deep enough, be a thorough representation of them." The following words of Dr. Porter might be usefully added to the above passage. He says: "There is to-day no better established fact than that all progeny, vegetable or animal, takes its physical, mental and moral qualities from those which predominate in the parents during the period of conception and gestation. The form, face, temper, disposition and constitution are stamped, at these periods, on the offspring by parents. It is well known that all secretions partake of both the general and particular states of body and mind; and physicians often judge by them, and so prescribe. It is also by closely observing this law of animated nature that agriculturists preserve the health and improve the breed of their animals. Passing strange is it, however, that this observation was never made applicable to the human species, where its application is more wanted! Yet so it is; we see every day very sensible people, who are anxiously attentive to preserve or improve the health and breed of their horses and cattle, at the same time entailing on their children, not only tainted blood and loathsome diseases, but madness, folly and unworthy dispositions. Even those children so born, are not trained and developed so as to counteract the entailment, but left to grow as they can; and all this, too in the face of treatment of cattle; and transpiring, too, when they cannot plead being stimulated by necessity or impelled by passion."

Parents would do well to bear these words in mind.



Fearful are frequently the consequences that result from wilful or ignorant disregard of the laws that pertain to this most important subject. For what can be more important than bringing into the world sound, healthy offspring, sound in body and sound in mind; or poor miserable beings physically and mentally diseased; whose lives are blighted by the curse of their parents' ignorance, folly or crime.

**What to do to get Healthy Children.**—I will now lay down a few points of importance which parents should observe if they desire to be the happy fathers and mothers of children who will be their pride, and the source of their parental happiness.

Healthy parents are often surprised to find that they have unhealthy children. The reason for this is easily explained. When a child is yet in its mother's womb all causes that affect the mother affect it. If she suffers in her body, the child is physically affected. Her respiration, digestion, excretion, etc must be normal, else the child suffers. If she is mentally affected, if grief, sorrow, anger, melancholy, dissatisfaction take possession of her there is a marked correspondence in the nature of the child. If the mother conceives when under such influences, the results are frequently still more apparent in the children. Many a parent is often angered by the habitual fretfulness of a child, but it should be remembered that the child has inherited its qualities from the permanent or temporary qualities that characterise, or for the time being characterised, its parents. Husbands and wives who have the misfortune to be constantly quarrelling with

each other, should bear in mind that conception should take place when peace and good temper have prevailed for at least twenty-five or thirty hours.

Sexual intercourse should never be resorted to when the spirits are damped or low. People sometimes partake of wine or beer to drive away care, and in this state frequently resort to coition. This is not good. If conception takes place, the offspring are liable to be vitiated.

Liquor has a very powerful influence on the unborn child. Drunken parents have begotten idiots. Although we do not often find such extreme cases, it is well to remember that the mental qualities of children are frequently affected by the dissipated habits of parents. There have been instances in families where the first-born has been an idiot, or of weak intellect and the others healthy in every respect. The causes of this will be found in the dissipations of the wedding festival, soon after which conception has taken place.

The following advice of Dr. Foote should be carefully borne in mind: "During the period of pregnancy, excessive sexual indulgence unduly develops, in the unborn child, the passion which leads so many young people to a destructive vice. Even amative excitement on the part of the mother, without indulgence, has a tendency to do this. She should consequently avoid such food and drink as stimulate the amative impulse. When the impulse becomes strong — when the desire is so great

as to take possession of the mind, it is then better that it should be gratified, lest the foetus be marked by this unsatisfied appetite, thereby producing the very evil sought to be avoided. Sleeping in separate beds may be advisable in some cases to prevent the tendency to excitement by contact. Association with deformed people, or those having birth-marks, or diseases which cause unnatural manifestations and expressions, should be avoided. so far as practicable, to avert the danger of marking the unborn child with any of these peculiarities. Cramped positions in sitting, stooping, bending, and sleeping; falls and contusions; and violent coition in sexual intercourse, should be cautiously avoided, to save the precious little being in the womb from displacement of its limbs, or spinal distortion, which might result in permanent physical deformity; for although remarkably well protected by surrounding membranes, fluids, and the muscular walls of the uterus, the foetus, is sometimes deformed by one or more of these causes."

Children are often subject to numerous infirmities, or deformities, by too frequent sexual intercourse during the period of gestation, for at this time as much vital nourishment as can be afforded by the mother is required by the child.

Another common cause of injury to unborn children is the habit of nursing during pregnancy. Says Dr. Chavasse: "A mother sometimes suckles her child when she is pregnant. This is highly improper, as it not only injures her own health

and may bring on a miscarriage, but it is also prejudicial to her babe, and may produce a delicacy of constitution from which he might never recover; indeed it may truly be said that an infant so circumstanced is always delicate and unhealthy, and ready, like blighted fruit, to dwindle and die away."

The milk, too, of the mother or the nurse affects the child's temper. "It is an old, and I believe, a true saying," says Dr. Chavasse, "that the child inherits the temper of his mother or of his wet nurse."

It is essential for the mother to live healthily. She must have plenty of fresh air, plain food, and exercise. Avoid spirits, for they inflame the blood and tend to make the child puny. "Many a mother gives birth to a frail scrofulous child for no reason except that during the period of gestation she is too sedentary and plethoric. I have known women of vigorous constitutions who had given birth to several healthy children, become the mothers of children so puny and scrofulous that it was impossible for them to be raised to adult age. In many such cases the child has not vitality enough to survive but a few weeks, days or hours. The reason is that the mother is obstructed in her respiratory system, and although she breathes enough to sustain her own organization in fair condition, she does not inhale oxygen enough to supply the needs of the intra-uterine being. Every woman who changes her habits from those of a very active to a sedentary life, or who becomes suddenly fat or

plethoric, is liable if she becomes pregnant, to produce sickly and malformed offspring. Many 'still-births' are explainable on this principle."

"At the moment of impregnation," says Dr. Trall, "both parties must, to some extent transmit their qualities to the offspring: but either may transmit the lesser or the greater degree of their constitutional peculiarities, thus occasioning the greater or less resemblance to one or the other parent. But, from the moment of conception until birth, the influences of the mother are constant. During this period nothing can affect her injuriously that does not, to some extent, damage her child. Gross food may render it scrofulous; sedentary habits may cause its muscles to be weak and flabby; if she does not respire sufficiently, it will be puny and anæmic; if she is drugged it will be cachectic; if she is mercurialized or antimonialized, it will have a predisposition to tuberculosis and consumption; if she is dosed with quinine, it will be defective in the external senses, especially hearing and seeing; if she takes the preparations of iron freely, its whole nervous system will be shattered; if she employs opiates and alkalies for transient pains and sour stomach, its liver will be torpid and its bowels constipated; if she toils excessively and is kept in a condition of constant weariness, it will be uncouth, or at least imperfect, or unbalanced and unsymmetrical in form, feature and expression.

"So too with mental influences. A fit of passion, a frightful narrative, and terrible sight, a grievous misfortune, an unhappy home, an unkind

husband, a suffering child to care for, etc., etc., are each and all causes of abnormal conditions on the part of the mother, and consequent deterioration on the part of the child. The rule, then, for the production of good children is exceedingly simple. *Keep the mother happy and comfortable.*" In this one sentence is summed up everything.

One more cause there is, and a very common one that, which tends to injure the child. It is the unfortunate habit of tight lacing. The respiratory organs have not full play, and as the health of the child depends on the breathing of the mother, the supply of oxygen is insufficient, and it suffers in consequence.

Dr. Chavasse, speaking of the evils of tight lacing, says: "Tight lacing is a frequent cause of disease of the lungs; the lungs being crippled in their action cannot properly play, and disease is, in consequence, set up; which disease if there be a predisposition, will probably be consumption.

"Tight lacing is a common cause of a young lady fainting; the heart has not room to beat nor the blood to circulate; the consequence is fainting, and if the silly habit be continued, organic disease of the heart might be induced."

Speaking of the evils arising from the habit of tight-lacing, Dr. R. Rentoul says: "The constriction so produced compresses the internal organs, healthful exercise cannot be taken, the ribs have not free play, the lungs cannot expand, and with the result that sufficient oxygen is not taken into

the body. Without fresh pure air, and a very large supply of it, no one is able to keep up a fair state of vigour. It has been said that 'without air we live for three minutes, without water for three days, and without food for three weeks.' It will therefore be readily observed that this commodity, for which we have to pay directly so very little, is of the greatest value. If it were only better known that those little bodies which circulate in the blood stream—and called red corpuscles—are day and night continually coming to the lungs to secure a fresh supply of oxygen and to give up carbonic acid—being as eager to hurry away to the remotest part of the system with their load of 'vital air,' so that each tissue may breathe and be bathed in pure air conveyed—then, I think, we should be more careful to arrange that *an over-abundance* is always supplied. It is to be remembered that not only the lungs but every organ in the body breathes. The heart, muscle, the womb, and the brain each takes in so much oxygen and gives off so much carbonic acid and other waste products. It is therefore not right to say that the lungs give off only carbonic acid, as they are chiefly the great viaduct by which pure air enters and impure air leaves the body after it has been brought from remote parts by these red blood discs, each one of which—measuring only about a four thousand five hundredth of an inch in size —performs in its cycle of existence a work of great and vital importance. Any con-

striction of the chest or abdomen prevents the lungs from expanding, and presses the liver and bowels down upon the womb. Under such circumstances the large breathing muscle—called the diaphragm—cannot secure freedom of movement.”

I have dwelt on this point rather lengthily because it is one of great importance, and one in which women are most liable to err. There can be no doubt that the constitutional weakness and other diseases from which many children suffer, are frequently induced through this unfortunate and dangerous habit of tight-lacing. True that in the latter stages this is not possible but in the earlier months it is adhered to, and this must necessarily injure the unborn child, whose health is thus deteriorated for life.

Light clothing should be worn. “It would be much better if the clothes were suspended from the shoulders, and not hitched on to the hip bones—these being used like so many clothes pins. A French physician once said that ‘tight lacing and soft low chairs’ added many a pound to his income. The suspension of heavy skirts on the hip bones may cause displacement and affection of the womb—just as certainly as headaches will be produced if the hair be tightly drawn back and fixed by a number of hair pins; or pain in the legs when high-heeled boots are worn.”

Frequent childbearing shatters the systems of mothers, and the children that are born under such conditions are often weak and unhealthy.



In the *Law of Population* I have it is shown how these evil consequences can be avoided, and the work should be read by every parent.

Let one thing be remembered. Diseased parents should not beget children while in the diseased condition. And incurable patients should never procreate, for they will bring into existence beings whose lives will be a burden and a curse to them. It may seem hard for such to be told this, but let them recollect that having children will not add to their happiness, but to their sorrow.

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## CHAPTER NINE.

### The Curse of Syphilis.—Diseased Children.

IN this chapter I wish to say a few words on a subject of vital importance. It is only too well known that the majority of young men, through a dissolute, or not wholly chaste life, have their systems poisoned by contracting syphilis. Many of them after a short time, without going through any proper curative treatment, enter into matrimony, with the most disastrous results.

Now, let me say that no conscientious man, having the physiological knowledge which all should possess, would marry a young and innocent girl, knowing that he has not been properly cured of this fearful disease. Yet, unfortunately, there are many

who recklessly marry and bring untold misery into their homes.

Is it not then essential to warn parents to be careful regarding the health of their would-be sons-in-law? Should they not guard the health of their innocent daughters who know not the dangers that often await them? Undoubtedly, yes! Let them guard them against dissolute young men, indifferent of the consequences of what may happen.

**Contracting Syphilis.**—"Syphilis," says Dr. Albutt, "among young married people is very common—in fact, far commoner than is imagined. Fournier gives some striking and eloquent statistics of this fact, culled from his own private practice. He says: 'In a total of 572 syphilitic women, who have come to me in my private practice, I find not less than 81 who have contracted syphilis from their husbands in the early days of marriage.'"

These statistics are sufficiently serious to warn parents of the dangers to which their daughters are subjected—dangers which may ruin their lives and bring unhappiness and misery into their homes.

A man who has had syphilis marries without having himself properly cured. What are the consequences? There is a liability to infect his wife, and to have children whom it will be impossible to rear, or who, if reared, will find their lives a curse to them.

A wife may contract syphilis not necessarily directly from her husband, but through conception. Dr. James D. Balfour, in a paper read before the Obstetrical Society of Edinburgh, after citing a number of cases in illustration, said: "These cases appear to me to prove clearly, that although syphilis existed in the system of the husband, it was in such a condition that it could not be communicated to the wife by mere coitus—but as soon as pregnancy took place, the disease was communicated to the foetus, and after lying dormant in it for a few weeks, it began to manifest itself in the body of the mother, being communicated to her through the foetal circulation—the blood from the foetus containing the poison of the disease derived from the other parent." Dr. Allbutt says on this subject: "A man of syphilitic antecedents marries a thoroughly healthy girl. He himself, neither at the time of marriage nor subsequently, has not exhibited on any part of his body the slightest syphilitic symptoms. He has had no fresh development of his disease, not the slightest erosion on the penis or lips, no tongue or throat sores, and no kind of skin disease; in fact he has considered himself as quite free from syphilis. Yet, a few months after marriage, his young wife becomes decidedly syphilitic. She manifests certain skin affection: she has patches in the mouth, scabs on the scalp, swelling of the glands of the neck, headache, vague pains, lassitude, feverish attacks, and loss of hair.

"Now, this young woman is undoubtedly suffering from syphilis. A doctor is called in, and he at once recognises her condition. He speaks to her husband aside, and tells him that his wife has syphilis. The husband is astonished. He says: 'Believe me, doctor, I once had syphilis; but thinking myself to be thoroughly cured, I married with every confidence that all would be right; and I can assure you that neither at the time of marriage nor up to the present time have I seen the smallest syphilitic sore. I would like you to examine me yourself.'

"Making a most searching examination, the doctor can find absolutely nothing! He then proposes to examine the wife. Here a further surprise awaits him. If her husband had a sore, he would have given his wife a sore, because the chancre is the first stage of syphilis when communicated directly by contagion. There is no vestige of sore to be found, however, on the wife, nor any history of one having existed. In woman, the sore may be a very ephemeral thing, and soon vanish; but long after the sore has disappeared, the bubo, or gland swelling in the groin, remains. The doctor searches for the bubo, and he can find none, not a trace—there neither is nor has been a bubo.

"Well, here is a dilemma—husband free from all syphilitic symptoms, wife undoubtedly suffering from syphilis but who has not exhibited the primary symptoms of syphilis as communicated by direct contagion!

"It must be admitted that the wife has become syphilitic by contact with her husband, without his having any external sore or erosion capable of infecting her.

"It may be said, perhaps, she has been infected through the semen. The semen of a syphilitic man is not capable of transmitting contagion. Experiment has demonstrated this. Healthy persons have been inoculated with semen from syphilitic subjects, and the inoculations were quite harmless.

"How has the wife, syphilitic, without having the first symptoms of syphilis, become infected by her husband, who himself has had no contagious symptom?

"The answer to the enigma is—the wife is *pregnant*, and she is infected by conception. She contracts her syphilis not directly from her husband, but from the child in her womb, which is itself infected by the syphilis received from its father. She has contracted syphilis *from her child*; not from her husband."

Again, he says: "In those cases the child in the womb often dies before birth, but if it is born alive *it is always syphilitic*. If, therefore, the child is blighted with syphilis, is it at all remarkable that it should transmit its disease during its womb-life to its mother? A mother suffering from syphilis can give disease to the child in her womb there is nothing extraordinary, therefore, in a syphilitic child giving its mother syphilis while retained in her womb. There is a diseased organism

—the child—retained in and surrounded by a healthy organism—the mother's womb, connected too, by means of the circulation with every part of the healthy mother. The surprising thing would be if the mother did not contract the disease from her child. In fact syphilis given to the healthy mother by the diseased child, follows the same law as syphilis given to the child in the womb by a syphilitic mother."

Parents should, therefore, carefully see to the health of their future sons-in-law, else there is the danger of having the health and life of their daughters destroyed, and of innumerable other sorrows and troubles. But when it is found by a wife that her husband has contracted syphilis before marriage, and that he has not undergone proper treatment, the only course left open for her is not to have children until such time her husband is properly cured. For it would be a crime to have children under such circumstances. On this the reader should consult the work on the *Law of Population*.

**Effects of Syphilis on Children.**—Thus are homes ruined by the syphilitic taint that exists in the system of fathers. Describing the effects of the disease on children, the same writer says: "I have seen in my practice a large number of children born with syphilis—some loathsome objects, others only slightly affected with different syphilitic skin eruptions—but all doomed to the various dangers which hereditary syphilis entails on its victims. Many, by

special treatment, it is true can be cured, but a number die, for infantile syphilis is murderous.

"A child born of syphilitic parents may escape death in the womb, and may not even be born with syphilis or any trace of it. But this is not all, for the syphilitic influence of the parents may act on the offspring in other ways equally disastrous. There may be no actual expression of syphilis, but various morbid conditions and dispositions may be manifested in the children of syphilitic parents. It is well known to every medical authority now that a long train of affections may be traced to the syphilitic influence of the parents on the children. This influence does not show itself as syphilis, but in the form of disease, weakness, and degenerations unrecognisable if the condition of the parents is lost sight of.

"Such children may come into the world inherently weak. They may be diminutive, mean-looking, sickly, wrinkled, shrivelled, stunted, their skins looking too large for their bodies. In fact they look like 'little old men.' One can see at a glance that such children cannot live long. 'They are not born to be reared,' as the nurses say. They have hardly strength to suck, they won't draw the breast, they go to sleep upon the bosom, and they grow weaker day by day. These children carry death in their birth, and cease to live because they are unfitted for life owing to the inadequacy of the vital organs. Other children come into the world looking better, having all the appearance of living;

fairly well developed, and more or less vigorous. Such children go on all right for a few days, or even weeks, without disease or symptoms. Then suddenly decline and die rapidly without apparent cause. Death may even take place instantaneously and unexpectedly, the child dying in its mother's arms, and only a few moments before in the enjoyment, to all appearance, of perfect health. The children of a syphilitic father and mother may escape both death and syphilis, but they may be born puny in appearance; their constitution may be impoverished, and their blood be so poor (anæmic) that no remedies can improve it. The vital power of these children is very low. If they are taken ill they suffer more severely and longer than ordinary children do. Illnesses with them have a tendency to become malignant, and they are often carried away by affections which, if their constitution had been more vigorous, they would easily have conquered. These children are always a great source of anxiety and expense to their parents". Dr. Allbutt also says: "Convulsions and other nervous weaknesses are common results of inherited syphilis. Consumption, scrofula and gland affections in the young may easily be traced by minute inquiry to inheritance from a syphilitic father. Various womb and ovarian weaknesses and menstrual irregularities in young females may as a rule be included in this list of inherited syphilis."

He cites from Fournier a terrible instance of a



child born of syphilitic parents. "A child was born of syphilitic parents. These parents had already produced two syphilitic children, both of whom were speedily struck by the hand of death. From the first it failed in physical development; its growth was so delayed that, at the age of twelve years, you would suppose that it was a child of six at the most. Towards its thirteenth year it lost intelligence, became stupid and sullen, it unlearned the little it knew, lost memory, could hardly find words to express itself, and it fell into a sort of torpor. Then ensued an acute attack of inflammation of the membrane of the brain (meningitis), vomiting, obstinate constipation, squinting, delirium, partial convulsions, tremblings, epileptiform fits, paralysis, contractions, etc. Although specific treatment was commenced very late, this dissipated the various symptoms with significant rapidity. But intelligence was not re-established. Far from this it remains a blank; extinguished and annihilated in the full sense of the word; so much so, that at the present moment this child is nothing less than a veritable idiot."

What parent could calmly behold its child dwindling down into an idiot. Is not death to be preferred? One way or the other, such children bring grief to the hearts of their parents.

It should not be imagined that such cases are rare. It can be clearly proved by statistics that the death-rate among syphilitic children is simply

appalling. But it is unnecessary to say more upon this question at present.

Miscarriages are frequently brought on through this cause. "The husband being syphilitic, every pregnancy may end in a miscarriage. Healthy young women and their friends often wonder how it is that one miscarriage succeeds another, for two, three, four, or more times. The answer is *the husband is syphilitic*." There are numerous other diseases caused through the syphilitic taint in the parents.

**Effects of Syphilis on Married Men.**—But syphilis does not merely entail disease upon the wife and offspring. The syphilitic father himself suffers. If he survives, his later years are fraught with sufferings which often deprive him of the ability to support his family. He may think himself free from the taint, after insufficient treatment, but the evil effects suddenly show themselves, and sometimes most seriously. "Syphilis is a hard creditor," says Dr. Allbutt, "and exacts the debt due with unrelenting severity. The reward for youthful indiscretions, unless grappled with in time, is disease and death." In many cases, we are told, a short time after marriage, syphilitic brain disease sets in, and the father dies, leaving wife and children often to starvation. There are numberless instances in which men with syphilis not properly cured have died soon after marriage. The following instance taken from Allbutt, will suffice for our purpose:

"A clerk married when syphilitic. He had treated himself for some months, and believed himself to be cured. He had only been married a short time, when he had some return of secondary symptoms with pains. He gave his wife syphilis. Soon after, he himself was taken ill with syphilitic brain disease and died. His wife, soon after his death, gave birth to a syphilitic child. Then she was attacked with malignant syphilis, eruptions, headache, neuralgia, ulcerations, her body being covered with large and deep ulcerative patches. Her health failed, she lost flesh, her strength left her, she could take but little food, diarrhoea came on, and finally breaking up of the lungs and death. Her child was left a charge to the parish."

Regarding the length of time a patient should undergo treatment, Dr. Allbutt gives a *minimum* of four years of continuous treatment. "This minimum of four years is indispensable," he states, "and no syphilitic man has a right to aspire to the titles of husband, father, and head of a family until that minimum has passed over, and he has allowed the disease to become modified or killed by time and treatment."

"Syphilis," says Dr. Foote, "is own cousin of scrofula; it is the offspring of scrofula; and, in turn, it becomes the mother of scrofula. A very mixed relationship, to be sure, but it may be clearly shown to exist." Another eminent authority says: "Syphilis, which corrupts and lays low the strongest constitutions when it gains root in them, is one of

the greatest sources, along with the mercury used for its cure, of scrofula, insanity, and all other diseases and debilities in their descendants. It is one of the grand fountainheads of diseases, miseries, evil of moral and physical natures, and their resulting vices and crimes, by which our society suffers so much..... Shall we continue to permit this dreadful pestilence to spread its desolation, and poison our cup of life, without taking any measures for its prevention? or, if our hearts are not yet alive to the feeling of the necessarily inseparable connection of all mankind in good and evil, joy and sorrow how do we know, who shall be the next to suffer? that the next victim may not be a son, or a brother, or beloved friend? Alas how often are the hopes and the support of a family blighted, by the ruin of those nearest and dearest, by this remorseless disease!" Again, "How great then should be our care to prevent a disease, which, like syphilis, is rendered twice as dangerous to the race by the remedies which are needed to counteract it! There is perhaps not one who reads this, whose constitution might not have been purer, and therefore whose whole nature of mind [and body might not have been higher and nobler, had there been no syphilitic or mercurial poison in the veins of man. For, inseparably linked together as are all mankind the diseases of the parents descend through generations to the children, modified and transformed by time and circumstances." "Of all the plagues and scourges of mankind in the present day," says this writer, "this

disease may certainly be said to be the most fearful. It does not overwhelm us with sudden panic and destruction, like cholera, or other epidemic evils, which come but rarely, and therefore, however fearful their visitations, have not a permanent influence on our fate, but it is always with us, preying on our vitals, and slowly sapping the constitution, moral and physical, of thousands; and these the young, hopeful, and vigorous, the pride and the promise of our race. Mankind will yet, and let us hope ere long, become universally alive to the fearful prejudice and inhumanity, which have suffered this disease to run on so long without any means being taken for its prevention and eradication."

Enough has been said to show what syphilis means. And yet young men, ignorant of the consequences of their actions, admit into their systems this fell demon of our race. Little do they know that the indiscretions of youth carry with them the cup of bitterness and suffering. How many a parent's heart has been wrung with sorrow to see his darling drooping and withering, blasted by the curse of this syphilitic demon, brought into his home by the ignorance and dissoluteness of earlier years. Let us hope that by a wider diffusion of physiological knowledge we may save the future generations from the miseries which ignorance shall surely entail on them.

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## CHAPTER TEN.

### Barrenness: its Causes and Prevention. Advice to the Childless.

**T**HOSE who are not acquainted with the fact will be astonished to know that out of every eight wives in England one is barren, i. e., twelve and a half per cent. of English wives have no children.

Now, it is well known that the greater portion of these are capable of bearing children if they only know the cause of their barrenness.

Married couples who have no children, long to have the little darlings that brighten home with a brightness that is unequalled. The merry laugh and the sweet prattle of a child fill the hearts of its parents with a joy that they would not barter for the wealth of a Croesus. Happy is the home where love reigns, but happier still where love is crowned by the blossoms of wedded life—the fruits of wedded bliss!

First, let us examine some of the causes that bring about this barrenness.

Nature has endowed the vast number of her children with the power to reproduce their kind. There are really very few who are incapable of reproduction.

Let me state here that barrenness caused by congenital malformations are irremediable. Also that caused by accident or serious injury to the reproductive organs. But instances of these are not

very common. The commonest cause of sterility appears to be local inadaptation, and this can be removed with due attention. There are numerous, kinds of these inadaptations, which may be summed up in one sentence, viz., abnormal conditions of the reproductive organs either in the man or the woman. A changed position of the womb is very frequently the cause of barrenness. Sometimes, for instance, the womb is far higher than it should be and is unable to absorb the seminal fluid. Sometimes the male organs are slightly deficient in size, and the seminal fluid is not evacuated sufficiently close to the uterus, which is often deficient in suction power. There are numerous such defects in men and women which, with a little trouble, and the aid of their medical adviser, they can detect and remedy very easily. The difficulty will consist in finding out the cause in each individual instance, but this need not be very great. Acquaint yourself with the structure of the male and female organs of reproduction, and if yours do not correspond you will be easily led to understand the cause of sterility. If the male organ happens to be of greater length than the normal, the impregnating fluid is often evacuated beyond the mouth of the uterus, which is frequently on that account unable to absorb it. So also the contrary. Sometimes the uterus is too high up, or its neck is twisted, or the male organ is bent downwards, etc. The defect must be discovered, and, as I have said, with a little trouble, this can be done,

and then there is every probability of conception taking place.

**Conditions Unfavourable to Pregnancy.**—"An inflamed ovary," says Dr. Foote, "is as unfavorable to conception as an inflamed eye is to good vision; an inflamed womb is as little fitted for conception as an inflamed stomach is for digestion; an acrid catarrhal secretion is as hostile to the vitality of the sperm-cell as vinegar. This very minute sperm-cell is in fact a very delicate tissue, and outside of special fluids formed as a vehicle for it, it is like a fish out of water, short-lived. The normally acid secretions of the vagina are not favorable to its long-continued activity. Dr. Simms believes that sperm-cells cannot 'live' twelve hours in the vagina, while in the alkaline secretion of the neck of the womb they will remain active two days, according to Dr. Simms, and eight days, as observed by Dr. S. R. Percy. A solution of borax appears to be favorable to their activity, while such fluids as wines, vinegar and solutions of tannic, carbolic and salicylic acids check it; and lard, vaseline and glycerine are substances of a nature or consistency not inviting to the transport of these migratory cells. Recent observations show that a low temperature does not exert upon them the benumbing effect which has been commonly supposed to result from the direct application of cold."

Childlessness is often caused by the general debility of the wife. In such cases she must be nourished, and conception becomes possible.



Youthful indiscretions are frequently the cause of sterility. The weakened organs must in such cases, be restored to a healthy condition. This is very often the cause of childlessness.

"The most common cause of barrenness on the part of the male is debility of his procreative organs, and especially of the testicular glands, causing the production of non-vital semen. . . . Masturbation in boyhood, or excessive venery in boyhood or manhood may so weaken the testicular glands as to cause this difficulty in the male. . . . When the system is affected with constitutional syphilis, the male germ may not be sufficiently healthy to produce a vigorous embryo. In some cases the syphilitic impurity will so far affect the spermatozoa as to render them incapable of impregnating the ova. It should be understood that the germ of the male as well as that of the female, may be affected by disease. The extent of that disease may widely vary in any one person at different times. In other words, a man who is usually sickly, or locally affected with disease, may have days or hours of convalescence when the spermatozoa generated at this particular time may possess all the vigor necessary for a successful impregnation, and the production of a healthy child. On the other hand, a man in perfect health in all his parts may have occasional seasons of debility in the procreative system, at which times the spermatozoa produced would either be incapable of impregnating a female, or of producing a healthy foetus if impregnation did take

place. Destitution of the spermatic fluids may render a man barren. Occasionally cases are met with in which the male is capable of coition, and even the enjoyment of the act, when no seminal fluids are emitted.....A stricture of the urethra, as I have before remarked, may prevent the seminal fluids from passing it at the time of intercourse. In this case the semen passes back into the bladder, and escapes with the urine when that is voided. Chronic gonorrhœa or gleet may render a man barren; for if the spermatozoa are produced in perfect health in the testicles, their vitality will be affected or destroyed, as they pass through the urethra, by the acrimonious secretions of that canal." There are also several other causes, producing sterility in the male.

Falling of the womb is a common cause of sterility in women. Excessive fatness also. "Fatty matter may not only so envelop the ovaries as to interfere more or less with their functions, but it may so separate the ovaries from the fimbria, or extremities of the Fallopian tubes, as to prevent the egg from descending to the cavity of the uterus. In some cases, excessive flesh may so widen or distend the region of these organs as to render the Fallopian tubes too short to reach the ovaries. Any one can easily picture to herself how the distention of the body between the hips may remove those little ovarian organs sufficiently far away from the extreme end of the Fallopian tubes as to completely isolate them." The acrimonious secretions of leu-

corrhœa have also an injurious effect on the semen.

Excessive amateness in husband or wife is sometimes productive of sterility. In the husband it prevents the development of spermatozoa. In the wife the ova are often injured. If this is the cause, avoid it.

**Conditions Necessary to Pregnancy.**—"Conception, the first step in the process of child-bearing, requires:

1. A healthy ovary, producing ripening ova, budding at the surface of the ovary.

2. A clear Fallopian tube, through which the ovum finds its way to the womb.

3. A womb with healthy lining membrane to afford a suitable nest for the ovum.

4. A womb with a free cervix, neck or mouth, affording easy access from the vagina.

5. A vagina free from obstructions, unhealthful secretions, or artificial impediments.

6. The deposit of seminal fluids, containing active sperm cells, near the mouth of womb.

"Conception is therefore liable to be prevented by disease of the womb, of the ovaries, of the Fallopian tubes, of the neck or mouth of the womb, and of the vagina. Perhaps the most common diseases which cause barrenness are strictured conditions of the neck or cervix of the womb, catarrhal inflammation of the mucous membrane of the womb, (with leucorrhœa), inflammation of the ovaries, and a simple atonic or relaxed and weak state of the womb with lack of suction power, for in the natural state

the womb aids in bringing about conception by its own receptive action in taking up the impregnating fluids."

Remember this. Immediately after the menstrual cessation a woman is most liable to conceive. Intercourse at this time has often proved fruitful. The sexual orgasm should be reached by both at the same time, which is still more favorable.

When pregnancy has occurred, sexual intercourse should be very moderate, else evil may result.

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## CHAPTER ELEVEN.

### Sexual Abstinence.—Celibacy.

**I**N nature the instinctive attraction between the sexes is apparent on all hands. The student of Botany and Biology notices it in the vegetable kingdom; and as he gradually ascends into animal life it is still more distinctive, till in man he finds the culmination. The sexual passion is natural, and so long as it is normally and rationally used it is right. But lustful abuse of it is a vice that lowers and degrades man, and leads to disease and suffering.

Celibacy is an evil, and nature has clearly stamped it as such. We find from statistics that the death rate among celibates is far higher than that among the married. Dr. Drysdale says: "Sir Benjamin Brodie at the meeting of the Social Science Association in Birmingham, said that the evils of celibacy were so great that he could not mention

them ; but that they fully, equalled those of prostitution," Celibacy is a prolific source of lunacy, as is amply shown in the work on the *Law of Population*. "The diseases of abstinence," says an eminent medical writer, "consists principally of hysteria chlorosis and menstrual disorders, in woman : and of generative enfeeblement, spermatorrhœa, and hypochondria in man. These affections may doubtless, like many others, be brought on by other causes than abstinence, and this plurality of causes often gives rise to mistakes in reasoning upon them ; but it is certain that they are all very frequently induced by abstinence." The evils of celibacy, are apparent in the appearance of celibates. Look at the pale, sickly nun bearing traces in her countenance of outraged nature. Does her unhealthy condition not clearly prove that she has not acted in accordance with nature's laws ? Even when apparently healthy the practised eye can detect unhealthiness.

Some of the evil consequences of celibacy may be seen from the following words of Dr. Conolly. He says : "In a susceptible female temperament, and in the unmarried state, the system of reproduction, every change in which involves many other changes, acts strongly on the system at large, and in certain circumstances disorders all the functions of the body and the mind : the digestion of food, the circulation of the blood, the judgment, the affections, the temper : and in many of these cases all the mischief is removed by marriage, which by awak-

ening the natural functions and normal sympathies, allays the whole series of irritations and morbid actions." Again he says: "Then perhaps ensue the mortifications of celibacy, and the misery of growing old without an active and contented mind. As causes of disease, and especially of hysterical and other various disorders, none can deny the wide and powerful influence of these circumstances but those who have paid no reflection to the operation of human passions in society."

"Celibacy," says Dr. J. Copland, in his *Dictionary of Practical Medicine*, "may be viewed as a cause of tubercular phthisis, although the reason of its being a cause may not be obvious to many. It is, however, more generally known that the average duration of the life of bachelors is much under that of married men. This is mainly owing to the circumstance of their having become addicted to the crime of masturbation."

"Celibacy is almost incompatible with virtue," says Dr. Foote, "and masturbation and prostitution cannot fail to result from deferring marriage much beyond the age of puberty. A life of celibacy is rarely a life of virtue, and I make the remark without ignoring the fact that Newton, Galileo, Michael Angelo, Locke, Hume, Pope, Bacon, Voltaire, Cowper, and many other distinguished men, have lived and died old bachelors. The inborn sexual passion is generally too strong in man to be safely denied gratification, and if not gratified in

marriage, it is apt to seek gratification in the dens of harlotry, or the secret chamber of the masturbator."

Enforced celibacy often leads to dire consequences, such as prostitution and its fearful concomitants. Nature requires all the organs to perform their normal functions, and the true and only cure for the evils of celibacy lies in early marriage.

**Rules for the Unmarried—How to Control the Amative Passion.**—Young men and women who do not happen to be married often find it difficult to control their sexual emotions and feelings. How often do they succumb to them, and how often does their weakness lead to consequences which they grievously deplore for the rest of their lives. How often are the system of young men poisoned and destroyed by venereal diseases or by self-pollution, often causing incalculable sorrow and suffering during the remainder of their lives. How often is the frame of the growing girl broken down by the baleful practice of the solitary vice, bringing in its train the fearful effects I have described, and often rendering them unfit for the duties and burdens of maternity—leaving them the wrecks of what they might have been. For the benefit of such the following will be found useful.

Remember that the oftener you succumb to temptation, the more difficult it becomes to resist it. Therefore, from the very beginning resolutely oppose

it. Do not think of giving way only once and no more. Be sure once will lead to twice, and twice to thrice, and so on. Each time with increased temptation and less will-power to resist. Therefore, resolutely and manfully resist the beginnings to temptation. Knowing the fearful consequences of such acts, bear them in mind, and train the will to overcome them. Each conquest will find you stronger for the future. Avoid all lascivious thoughts for they arouse sexual emotion, and this easily leads to greater evil. This constant dwelling of the mind on certain subjects brings on emotional congestion of the organs. Says Dr. Carter: "The glands liable to emotional congestion are those which, by forming their products in larger quantity, subserve to the gratification of the excited feeling. Thus blood is directed to the mammæ by the maternal emotions, to the testes by the sexual, and to the salivary glands by the influence of appetizing odours; while in either case the sudden demand may produce an exsanguine condition of other organs, and may check some function which was being actively performed, as for instance, the digestive." It will be seen from this how difficult it becomes to overcome the gratification of the sexual passion when the emotions are excited by the mind dwelling upon sexual matters. Therefore all such thoughts should be resolutely guarded against.

Great assistance is derived from intellectual pursuits, for the mind is thus directed into another channel. Healthy exercise, such as gymnastics,



cricket, walking, etc., directs the energies to the strengthening of the body, and away from the sexual organs. Dr. Carpenter in his *Physiology* says: "The author would say to those of his younger readers who urge the wants of nature as an excuse for the illicit gratification of the sexual passion. 'Try the effects of close mental application to some of those ennobling pursuits to which your profession introduces you in combination with vigorous bodily exercise, before you assert that the appetite is unrestrainable and act upon that assurance.' Nothing tends so much to increase the desire as the continual direction of the mind towards the objects of its gratification, especially under the favouring influence of sedentary habits whilst nothing so effectually represses it as the determinate exercise of the mental faculties upon other objects and the expenditure of nervous energy in other channels."

Simple wholesome diet is another help in controlling this passion. Rich living, combined with plentiful wine drinking, tends to inflame the passions. "Our over-eating," says Dr. Acton, "is often attended visibly by the pendulous abdomen and lethargic frame, and less obviously by depreciated mental energy, and what I may term an artificial desire for and imaginary increase of sexual power. The dining, drinking, and sexual indulgence which are practised with unvarying regularity by too many of our young men among the middle classes who take little or no exercise, are acting as surely, though perhaps slowly, against the *mens sana in corpore sano* of the generation;

as the opposite system I recommend of bodily labour and organised abstemiousness would tend to its maintenance. So we come after all to the good old adage on the way to live well—'On a shilling a day, and earn it.' "

Another writer says: "Whoever, then, wishes to remain untroubled by sexual desires, or by nocturnal emissions, which are most frequently the consequence of refusal to gratify such desires, must resolve to restrain his appetites. If he is wise, he will take only three meals a day, and eat nothing except at his regular meals. And if he is compelled, as most men are, to dine late, he should contrive either to make his dinner the least important meal of the day, or to have it some five or six hours before going to bed. And there are several articles of food which he should indulge in very sparingly, if at all. Meat should be taken only once a day, and then in small quantity, and of the plainest kind. All rich, greasy, or highly-seasoned dishes he must learn to avoid. And there are some articles in common use, which exercise a more direct and pernicious influence upon the sexual organs, by acting upon the nerves which supply them. The chief of these are tea, coffee, and alcohol. All writers upon these subjects are agreed in denouncing these things as specially injurious for those who wish to be continent. And of all the most injurious is tea. Many of us know from experience the baneful effects of this drink upon the general health. Sleepless nights and nervous headaches are among the evils which

it induces. And some must have noticed that it has a most direct effect in exciting the generative system." It is unnecessary to speak of the exciting effects of alcohol upon the system, for it is well known. Milk appears to be the best beverage. Cleanliness of the parts is most essential, for dirt irritates, and directs attention thereto. Bathing in cold water every morning will be found useful, but if this is not possible, these parts ought to be washed daily in cold water. The bowels must be evacuated, and the bladder emptied before retiring to rest. During the night emptying the bladder once or twice will be found beneficial, for it is situated near the *vesiculæ seminales* on which it presses when distended.

These rules should also be remembered by parents for the direction of children.

**Long Engagements.**—Something might be conveniently said here about long engagements.

There is a belief among some people that long engagements are good. This is not correct. Engagements should not be too short, but on the other hand long engagements are injurious from a physiological point of view. The constant dwelling of the thoughts on sexual subjects, year after year, is far from beneficial. "The frequent correspondence and interviews," says Dr. Acton, "cause a morbid dwelling upon thoughts which it would be well to banish altogether from the mind; and I have reason to know that this condition of almost constant excitement has often caused not only

dangerously frequent and long-continued nocturnal emissions, but most painful affections of the testes. These results sometimes follow the progress of ordinary courtships to an alarming extent. The danger and distress may be much more serious when the marriage is postponed for years."

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## CHAPTER TWELVE.

### Sexual Diseases.

**S**EXUAL diseases in men and women are numerous. Many of these arise from ignorance. As I have said in a previous chapter, there is a sad lack of physiological training which tends to incalculable injury. If our youths were better acquainted with the laws of their body there would not be half the suffering there is at present. Let me give them this advice: The diseases of the genital organs frequently lead to grave and painful consequences, sometimes so painful, indeed, that it is difficult to find words to describe them. Therefore, resolutely avoid everything that is likely to promote them, and if you have the misfortune to be suffering from the consequences of your folly, do not delay but go to a good doctor and have yourself cured. Let not any false shame keep you back. The physician is perfectly acquainted with the whole of your system, and treats numberless cases similar to your own. He knows the temptations to which you have been subjected, and his sympathies are with you. Therefore, do not he-

sitate to tell him everything candidly, that he may trace the causes of your disease, and successfully treat you. Do not hide anything, for such foolishness often leads to greater suffering.

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## CHAPTER THIRTEEN.

### Sexual Indifference.

**T**HERE are many persons who are said to be sexually indifferent. They do not experience any desire for sexual intercourse. This is met with both in men and women. Sometimes we find adults who from childhood are sexually indifferent. Others occasionally manifest this feeling. This state is frequently caused by excessive study, or constant and fatiguing bodily exertion. It is also frequently found in fat youths.

Students who are given to hard study often find themselves in this condition. They need not be much alarmed. The sexual feelings return when the brain is at rest after continuous exertion. It is always wisest for such persons to consult a physician before entering into marriage, as his skilful guidance and advice may prove very useful.

Married men who are subject to exhausting labour sometimes manifest this temporary indifference. It is also caused in the man by a corresponding apathy in the woman.

Intemperance is a common cause; also constant excitement without gratification.

## CHAPTER FOURTEEN.

### Sexual Health and How to Attain It.

**Q**UANTYTHING that injures the body affects detrimentally the sexual organs; so likewise whatever improves the body benefits these organs. It is clear from this, therefore, that sexuality depends upon the promotion of the general health of the body.

In order to attain this a regular and temperate life is essential. Excesses are injurious whether in eating, drinking, or anything else. Gymnastic exercise will be found very useful; but not too much of it. So also other outdoor games, such as cricket, football, rowing, etc., but not too much of them, for that would be injurious.

“Sleep is most important. Sexual ailments are mainly *mental*, not physical; and such patients have either a wild, or a sleepy or else a haggard look, consequent on sexual exhaustion; because the mind is transmitted by the nerves; with which the sexual organs are in perfect rapport. All sexual ailments cause nervousness, and most nervous disorders have a sexual origin. Sleep quiets the nerves more than everything else. Wakefulness is one of the chief evils of impaired gender. Retire regularly, sleep abundantly, and under as few clothes as possible with comfort, for any more unduly heat and fever, which tend to induce a relapse. But you must not sleep cold. If you cannot sleep enough at night, lie down daytimes especially be-

fore dinner ; but sleep your fill ; and morning sleep will probably be found best. A cold room is good ; warm bad. Lying on the back is not a desirable position any more than is lying on the face, and both are, therefore, to be avoided, Either side is preferable, and right best, because lying on the left sometimes crowds and oppresses the heart. The most perfect rest can be secured only by observing this rule.

“ The bowels are especially constipated by sexual disorders ; so that restoring their action becomes most important. Regulate them by eating aperient kinds of food, unleavened bread, fruits, especially with their skins, bananas, cracked and boiled wheat, wheaten grits, rhubarb pie, rye mush. Indian pudding, onions, and the like, or anything you know which opens your bowels.”

Strong drinks have, in the long run, a most detrimental effect on the sexual organs, and often bring on impotence.

Daily bathing in cold water is most beneficial ; also sitting daily in cold, shallow water for a few minutes.

Avoid all excitement, especially if you happen to be of a nervous temperament.

Allowing the mind to dwell constantly on your condition is injurious. Avoid it as much as possible.

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## CHAPTER FIFTEEN.

### Some Useful Notes.

**W**HOSE who have the misfortune to be united unhappily in the bonds of matrimony, do not always know the extent of their sufferings. They are, of course, aware of the misery and wretchedness they feel, but their misfortunes do not end there.

**Unhappy Marriages and their Effects.**—Unhappy marriages tend to “destroy the tone and vigor of both the nervous and vascular fluids. The mind, chafing in the galling fetters which bind it to an uncongenial companionship, almost forgets its corporeal dependency, and consumes within itself the nervo-electricity which should be dispensed through the nervous system, to impart to the blood and the organic machinery.”

But the evil effects of unhappy unions are not confined to the unfortunate couples thus united, but are inherited by their still more unfortunate offspring. These are born nervous and weakly. “The nervous, puny offspring,” says a medical authority, “which is the issue of such adulterous alliances, opens his eyes on a world of physical and moral wretchedness, and hence the sin of the parents is visited upon their children of the first and every succeeding generation. So marked are the physical influences of unhappy marriage on the offspring, I can generally tell at once, when I see a family of children, whether the father and mother are happily or unhappily mated. Both mental and



physical suffering is the inevitable inheritance of the unfortunate child who is born of ill-mated parents; and if he survives the fatal tendencies of a poor constitution till he himself becomes a father, his child, in turn, will possess at least a trace of his progenitor's infirmities and so on through the whole line of his posterity.

But how many unhappy marriages are caused through the carelessness of married couples. During the days of courtship every attention is paid by the young man to his intended, but after marriage how often carelessness and indifference set in, followed by a settled coldness, and not unfrequently by dislike and hatred. If husbands and wives—especially husbands—were as attentive and loving as they were before marriage; caressed and fondled as much; and endeavored to please each other as much as possible, and made the same allowances for shortcomings, there would not be so many unhappy marriages, followed by all their injurious consequences.

“Reciprocity,” says Professor Fowler, “is a constituent in its very nature. Without it neither can ever be happy in either love or wedlock. Its absence is misery to the ardour of the one, and repugnance to the coldness of the other. A cardinal law of both love and connubial bliss requires, that the more tender the affection of either, the more cordially should it be reciprocated by the other.”

Again, “The power of Love is perfectly strong for happiness, when its laws are obeyed for many

when violated. Not a tithe of the Love inherent in all is ever called forth; because these laws are little observed; and this because few understand them; notwithstanding all the hecatombs of works and novels, love stories included, written by both men and women on this love theme.....Husbands and wives are to each other precisely what men and women are to each other; and every individual husband is to his wife just what a man is to a woman; only as much more so as the latter should love each other the better. Therefore manifest normal male or female nature towards your mate. No man ever did, does, or can express true manly attributes to his wife without proportionally enamouring, or unmanly without alienating her... Being the true man to her, attains two most glorious human ends,—perfects your own manly nature, and enamors her. As every man who does business should pride himself on doing it in the best manner possible, so every man should pride himself on being true to manhood, and attaining its two ends, a wife's Love and fine offspring. Being the true woman enamors a husband and compels him to love her in proportion; yet just as far as a wife departs from a true feminine comportment towards him, she obliges him to taste and loath her unfeminine bitterness. Many wives take great pains and pride in being 'in fashion.' Yet none to be or act the genuine woman; whereas, being a mere fashionable in comparison with a true woman, is like having only a farthing compared with a fortune." Husband and

wives should act to each other in a perfectly gentlemanly and ladylike manner.

**Sleeping Apart.**—On a previous page are given some reasons for the advisability of married people sleeping apart. The best way of carrying this out is that adopted by the plain people of Germany. It is this: "The married people, of plain life, sleep in two single beds each being 'a sweet little isle' of its own, while the two are affectionately contiguous. The connubial neighbors can respectfully shake hands, and wish good-night and good-morning. But the territory of each is distinct; the cloths are cut separate; each bed is complete and there is no continuousness of bolster or implied community of pillow." This, I think, is the best thing possible.

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## CHAPTER SIXTEEN.

### How to Beget Offspring of the Desired Sex.

**T**HE investigations of physiologists have hitherto been baffled in endeavoring to solve the riddle of the law of sex. That sex is controlled by certain natural laws is evident enough. What we must know is what these laws are and whether it is possible to control them.

"It is a prevalent notion among the non-professional and the opinion is countenanced by some authors, that the party who possesses the greater degree of vitality, or whose organic functions are exercised most vigorously at the time of impregnation, impart or

confer the sex of the progeny. But this would be leaving the whole matter to accident or chance; and in the order of nature there is no such thing as accident or chance. The greater constitutional energy of one parent, or the greater degree of sexual excitement or orgasm, might indeed materially modify the qualities of the child whether it proved to be male or female; but that this cause can determine or produce the sex is a supposition as gratuitous as it is unreasonable."

**The Law of Sex.**—Some years ago, a German physician, Dr. F. Sixt, after a large number of experiments carried on during many years, came to certain conclusions on this question which appear to have some force.

The theory of Sixt, as given by Trall, is briefly this: "The organs of the right side respectively, of the male and female, pertain to the male sex; and the organs of the left side to the female sex. In other words the right testicle produces male 'sperm-cells,' and the right ovary produces male 'germ-cells,' while the left testicle produces female 'sperm-cells,' and the left ovary female 'germ-cells.' The semen of the right testicle cannot impregnate the ovum of the left ovary, nor can the ovum of the right ovary, be impregnated with the semen of the left testicle. In order to have coition fruitful, the secretion of the right testicle must meet with the ovum of the left ovary."

As I have already stated, these conclusions were arrived at after a large number of carefully conducted

experiments, and many who followed the directions given them were successful in controlling the sex in generation.

**How to Apply the Law of Sex.**—This much being known, what is now required to be explained is the application of the law of sex. "According to the theory of Sixt, it is only necessary that the right or left testicle be firmly compressed or drawn up toward the abdomen, in the act of seminal emission, to beget a boy or a girl. It is always the case that, during coition, one or other is drawn up so as to compress the spermatic vesicles; and, although the co-equal compression of the spermatic vessels of both sides from a drawing up of both testicles may be admitted as a possibility, yet there are many facts which seem to prove that emission is, ordinarily and normally, only from one side at one coition." Now, in order to determine the sex the following should be observed: "The only sure method of securing the desired result," says Dr. Trall, "is to take notice (not a very difficult matter), during coition, of the state of the testicles, and if need be, press the right or left one, as the male or female progeny may be desired, up against the abdomen; and especially should this be attended to just preceding the orgasm or emission. Should the wrong testicle become drawn up, it can be pushed down and the other one elevated without difficulty in which position it will usually remain.

"Of course this practice must be continued, whenever sexual intercourse is indulged, until pregnancy

is known to exist ; for as Sixt well observes ; ‘ If they were to cohabit both ways promiscuously it would be better to observe no rules at all, and leave it, to chance, inasmuch as it is not to be ascertained which out of many coitions has been the fertile one.”

It should be mentioned here that in case the desired testicle falls back after being elevated, it could conveniently be kept in that position until after emission has taken place.

Prof. Thury, of Geneva, has put forward the following theory : He maintains that if impregnation takes place immediately or very soon after menstruation, the child will be a girl ; if after some days, a boy. Darwin, however, says that experiments have gone far to disprove the theory.

Giron, a French scientist, says that from experiments it is known that if the male is older and stronger than the female, the offspring will be principally males, and *vice versa*.

Samuel H. Terry teaches that it has been proved that if the wife is in a higher condition of sexual vigor and excitement when conception takes place, the offspring will be males ; but if the opposite, the offspring will be girls.

It seems probable, however, that the law governing sex has not yet been discovered.

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## CHAPTER SEVENTEEN.

### The Social Evil : Its Effects on the Human Family.

**W**E now come to the consideration of the great social curse—prostitution. Like a festering sore it poisons the life-blood of society and spreads contamination and death all around. Like some poisonous worm that gnaws its way into the bark of a tree and gradually eats up the interior, it has destroyed the vitals of society and poisoned its main-springs.

Young man, beware of the paths that lead to destruction. Beware of the poor, miserable temptress who lures thee to her bed, for there is a terrible curse attached to it ; a curse that will cause thee to shed bitter tears, and lead thee into the hopeless labyrinth of the chambers of death !

**Enormous Prevalence of Prostitution.**—The enormous prevalence of prostitution seems almost incredible. ‘In London, Sir Richard Mayne, the Commissioner of Police, estimates the number of regular prostitutes, who live solely by the exercise of their trade, at from 8,000 to 10,000, exclusive of the city, while Mr. Talbot states, as the result of the most careful inquiries, that the number in Edinburgh is 800 ; in Glasgow, 1,800 ; in Liverpool, 2,900 ; in Leeds, 700 ; in Bristol, 1,300 ; in Manchester, 700 ; and in Norwich, between 500, and 700. ‘If to these we add the number furnished by other towns,’ says Mr. Arthur Helps, in his essay on prostitution, in

the *Westminster Review* for July, 1850, 'and the number who everywhere escape the knowledge of the police, the impression among the best informed is, that the number who live by prostitution, whose sole profession it may be said to be, cannot be under 50,000 in Great Britain.'

"In 1831 there were about 3,500 prostitutes in Paris. Very few of these, not more than 40 or 50, were foreigners; the rest were all French women, of whom Paris alone furnished about half." In the United States there are about 100,000 prostitutes; in New York alone there are about 12,000.

**Its Effects on Woman.**—Dr. Foote thus describes the effects of this terrible evil on woman: "The first effect upon the female is moral debasement. Her countenance may have exhibited all the marks of trouble, disappointment, and want; but now she has the additional mark of shame. She has lost her self-respect, and painfully suspects that she has forfeited the respect of others. When this suspicion is confirmed, she becomes bold and reckless. An expression of hardness creeps over her features, and all the artlessness and sweetness of her former face have given way to a look of disgrace, defiance, and self-abandonment. In a little while the violation of her moral nature exhibits its effects in her nervous system, and she is obliged to live under constant excitement of some kind in order to feel at all comfortable in mind and body. If the social surroundings are not sufficient to furnish this, liquors, drugs, and narcotics are excessively resorted



to for this purpose. Finally, physical corruption, by venereal distemper, is inaugurated. How could this be otherwise? Suppose a person should post himself in a conspicuous corner of the street, or in some building accessible to everybody, and should propose to eat everything that the crowd chose to give him, provided he were paid for it. Then picture to yourself any number of wanton men and boys patronising his folly—one giving him something he possibly likes; a dozen, something he perfectly loathes, and twenty more, something he is entirely indifferent to, but which he knows he does not physically need. Let this abuse of his stomach go on day after day, and night after night, for months, and years. What person is there whose stomach, under such treatment, would not become frightfully diseased? Even voluntary excesses in eating bring on the various derangements of the stomach, known by the one common name of dyspepsia; but what sort of a malady do you suppose the person would have that I have just instanced? Heaven only knows! Well, now, it is unnecessary for me to assure any one that the procreative system of the female is just as sensitive as the stomach, and that with abuse it is even more liable to disease. With voluntary, unpaid for, excesses, various difficulties, such as leucorrhœa, prolapsus of the womb, etc., ensue; but when a female gives herself up to sexual pollution to every one who will pay her for it—often entertaining several in one day or night, for whom she

cares little or nothing, or cordially dislikes, what may we more naturally look for than the vitiation of the vaginal secretions, and the generation of poison capable of inoculating the blood of both sexes, and producing local affections of a most frightful character? There is, consequently, in addition to the original stock of venereal disease, about which there is so much dispute as to its origin, a new supply constantly being manufactured in the dens of harlotry and of a quantity and quality not in the least inferior to any which has been imported."

The evil influence of sexual impurity on the virtues in general is a well established fact. All the virtues, more or less are deadened in the prostitute. "As a class," says Professor Fowler, "lewd women are gross, lowlived, debased, wicked, and totally depraved throughout. By nature, and as long as they remained pure sexually, they were as spotless as other virgins; but it was *sexual* impurity alone which changed them from angels into demons. Up to the hour of their fall they too were pure in all other respects. They all were once good, innocent, lovable, and spotless, morally, and would have *remained* so as long as they retained their chastity. Before they sinned sexually, they were perfectly conscientious; but this sin alone makes them perfectly remorseless. Before they would not touch a pin not theirs; now they rob not their enemies merely, but their admirers; not only their rivals, but their *patrons*, by false pretences, by direct falsehoods, and downright

stealing. They extort money by blackmailing; by threatening to disgrace their paramours by every species of art and wickedness, to which no others would deign to resort. Nor do they ever leave a victim till they have wrung his last dollars, and beggared his innocent family besides. Whoever heard swearing as foul-mouthed, oaths as profane, vulgarity as vulgar, or ribaldry as obscene as theirs?" Sexual impurity has the same evil effect on men.

**Its Effects on the Human Family.**—Dr. Foot goes on: "With such inevitable results attending marketable promiscuity, prostitution may be compared to a vast sea of physical corruption, in whose waters the licentious lave and come out moral lepers. Where the beautiful river, lake, or ocean, contributes to the commercial prosperity of any city, there also the great sea of corruption rolls most unobstructedly, and thousands of peaceful villagers who daily or nightly frequent the metropolis, in an unguarded moment, become submerged in its dirty waters, and then carry home to their faithful wives a disease more loathsome than a suppurating cancer. The blood of the whole human race is being contaminated with venereal poison." Terrible words these, but alas! too true! "There is probably no disease," says another medical authority, "which has so corrupted and deteriorated the race as syphilis. Among the poor population, especially of the towns, it may almost be said, that there is not a single constitution unstained by it. If the individual himself has not incurred it, some of his ancestors have, and thereby transmitted

to him a constitution more or less deteriorated. Among the richer classes almost the same might be said. It is not the disease itself, but the fearful mercurial poisoning induced in its cure, which gives it so pernicious an influence on mankind. Nothing deteriorates the human constitution more certainly than mercury; it is one of the great causes of disease in our present society." See also Chapter IX. These are some of the consequences of prostitution. Thousands upon thousands every night becoming inoculated with this deadly virus.

**Causes of Prostitution.**—The causes that drive these poor women to prostitution are numerous. Destitution is the principal one. The shamefully low wages of women drives them to this miserable life in order to keep up life. "The hard times of 1837, '54, '57, and '61, drove hundreds of New York seamstresses and shopgirls to a life of prostitution," says Dr. Foote. "The streets of this metropolis throng with this class of females whenever there is a financial pressure, local or general. Some 30,000 women are dependent upon the products of their needle in New York, many of whom have helpless parents and children who look to them for subsistence. Imagine their terrible extremity when thrown out of employment. During the great rebellion, the wives of indigent soldiers, both North and South, were in numerous instances reduced to the necessity of choosing between starvation and prostitution." "It is said that out of 5,000 prostitutes in Paris, whose cases have been minutely examined, 1,400 were reduced to that state by sheer

destitution! A writer remarks that there are fifty or sixty families in Edinburgh, who are almost wholly supported by the secret prostitution of the mother, and three times that number who are partially maintained in the same manner. A daughter had struggled on six years to support herself and bed-ridden mother by the needle; before sacrificing her virtue she sold the last blanket from her mother's bed and her last dress." These are pathetic instances of noble maidens driven by the chill hand of penury, the shrunken hand of want, into a career which they loathe. Little do our gay Lotharios, when they jingle the filthy lucre in the face of poverty, know how many a bitter tear has been shed, and how many a heart-broken sigh has died away in the home of destitution, ere the poor woman could make up her mind to ply such a trade. Oh, that they realized it!

I have already given two extracts that tell the fearful consequences of this social evil. Here is another: "Many do not know," says Professor Fowler, "how prevalent this disease is in its various forms. Its victims keep their own secret as long as possible, and doctor themselves, except when their case becomes desperate; and then confide it only to their medical adviser, whose very profession forswears him to keep the secret. Oh! how many of our young men have ruined their constitutions, and become invalids for life, solely by means of this disease or attempts to cure it. Indeed, its prevalence at the Sandwich Islands actually threatens the extinction of that nation, which at its present rate

of mortality, it is computed to effect in about sixty years! And if it goes on to increase in the ratio of its past progression, it will ultimately cut off our race itself!" Terrible, indeed, is the penalty attached to this evil, but, perhaps, it is the just punishment resulting from the degradation of humanity to a level lower than that of the brute.

However herculean the task may appear, it is the duty of every man to endeavor to eradicate this great social evil that hangs like a black cloud over the happiness of humanity.

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## CHAPTER EIGHTEEN.

### Concluding Words.

IN closing this little book I can find no better words in which to do so than those of Professor Fowler. "Lust converts any and all other men and women, however good, into bad, and bad into devils incarnate; made Nero Nero; and the better they are before, the worse they become thereafter. Even confining their sensualities to one lawful wife hardly mends this matter; for the wickedness inheres in the sexual excess itself. One...illustration on a large scale.

"Behold the inductive confirmation of this principle in the absolutely universal fact, that throughout all those portions of our cities, villages, and towns surrendered to sexual vice, as 'The Five Points,' all other sins, vices, crimes, and wickedness

run riot. Let the criminal records of all our courts attest. Let all penitentiaries give their testimony. All wicked men and women, young and old, everywhere, are both sensual, and their wickedness is *consequent* on sexual depravity; and all sensual men and women are wicked in all other respects. .... Sexual vice breeds all these whelps of every human iniquity, vice, and misery; so that those who would rid themselves of these whelps, must hunt down and crucify this their great progenitor. Then pause, O man and woman, especially, O innocent, darling youth, and duly consider whether, by opening the floodgates to this sexual passion, you are willing to let in with it every other form of sin and vice, and consequent misery. Can you afford it? Will it pay financially, pleurably, morally, or in any other way? Far better shut out all the other vices by shutting out lust? Soliloquize thus:

“‘Am I willing forever to abandon myself to each and all the other human vices and passions, by abandoning myself to lust? Had I better give up my good name, my earnings, and the sacred bequests of my dear parents, and become unprincipled, besides turning a business sharper, and brutalize all the rest of my nature, just for this one passion? No! This game is not worth all this sacrifice. I cannot afford to offer up all my other sources of pleasure and enjoyments on this self-debasing altar. My conscience, my aspirations, my talents, and all that is good within me, are too high a price to pay for this one pleasure.’

"Ho, youth! you cannot afford to unchain this tiger passion. Ho, maiden! Chastity is worth more than gold: When you lose it, better lose life too. Society does not unduly condemn its loss."

"Ho, reformer! by reforming this vice you reform every other, yet do little good till you lessen this."

"Ho, financier! save your coffers, not by double, entry, safes, bolts, etc., but by inculcating lessons of moral purity in your employees, yourself leading a life of virtue."

"Ho, all! surround yourselves and families with every possible safeguard against sexual vices, lest they breed all the others. Even jealously-watchful eyes may be needed, and prove your salvation."

In sexual matters be guided by the laws of health as laid down in the foregoing pages, and you will find that your life will be crowned by that happiness which is the certain sign of a well-regulated manhood or womanhood.

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